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out of grocery shopping

Wouldn't it be great to find the most nutritious foods at a glance? Now you can, with the Guiding Stars program - an in-store food rating system that makes nutritious choices simple.



Whole, natural foods aet the most Stars!



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Guiding Stars is a 3-Star nutritional rating system that points you towards nutritious foods that contain vitamins, minerals, fibre, omega-3 and whole grains, versus foods with saturated fat. trans fat, added sodium and added sugar.

The more nutritional value a food has, the more Guiding Stars it receives. If a food receives no Stars, then it doesn't meet the rigorous nutrition criteria to earn a Star rating but can still be part of a balanced diet. All you have to do is check the label on the food shelf – and count your lucky Stars!

When shopping the centre aisles

It's easy to make nutritious choices in the produce and fresh food sections of the grocery store, where whole, natural foods are found. It can get trickier, though, when you shop the centre aisles for canned and packaged goods.

But now, with Guiding Stars, a quick glance at the shelf label is all you need to find out which packaged foods are nutritious. Filling your shopping cart with nutritious choices has never been simpler!



Do You Believe Age is Just a Number? We Do.

Having Beautiful Looking Hair at Any Age Has Never Been Easier



Women today are showing the world that age is just a number, by embracing it in beautiful ways. So why is it, despite having gained so much with age, women feel they are losing out when it comes to their hair?

Research has shown that with age, women's hair – just like their skin – can change. Hair needs to be nourished, moisturized and protected to keep it looking youthful. However, as signs of aging hair gradually appear, many women try to over-compensate by further damaging their hair with harsh chemical treatments and styling tools.



Dr. Katya Ivanova Globa Haircare Scientist for Unilever "Aging hair is a phenomenon that for years has been overlooked by hair care experts. In their early 30s, most women start to notice subtle changes in their hair, but as they reach their 40s they often find that it looks and feels thinner, drier, frizzier and weaker."

More than \(\bigcirc \) % of women' feel helpless in preventing hair's aging process.

Dr. Ivanova explains further, "As we age, our hair follicles progressively shrink and begin to produce thinner hair strands until they eventually stop producing hair altogether - as a result hair appears sparse and thin. As the follicles get smaller, they also become less symmetrical,

producing hairs with uneven surfaces that feel less smooth and look frizzy. Contrary to popular belief, this isn't just an effect of too much styling, but a result of decrease in the hair's lipids, which act as the a natural conditioner while ensuring protection and lustre."

3 EASY STEPS FOR YOUTHFUL, RADIANT LOOKING HAIR

The natural process of aging hair is not something to be feared or fought against. When aging hair is treated with specialized nourishment and care, it can be transformed to look youthful and radiant. Dove Youthful Vitality collection contains state of the art technology designed specifically to counteract the signs of aging, and is comprised of a 3-step process that can be easily incorporated into any daily hair care routine.

Step 1. Hair is cleansed with a gentle shampoo to remove impurities, invigorate hair and bring back its fullness.

Step 2. The conditioner restores the strength that hair needs while ensuring a natural looking shine and a supple, soft texture.

Step 3. Dove Hair's first ever Silk Crème, infused with a UV complex and anti-oxidants, replenishes hair's nutrients and delivers manageability for ease of styling.



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WORDS THAT INSPIRED US ...

"Life is not measured by the number of breaths we take, but by the moments that take our breath away." Maya Angelou CONTROL MAY 2015 ON THE COVER **CURES FOR SAGGING SKIN** 44 THE ULTIMATE NAIL GUIDE 56 45+ MOTHER'S DAY GIFTS **84** QUIZ: GET TO KNOW YOURSELF **104 NUTRITION DECODER 108 WHEN TO SPLURGE ON ORGANICS** 112 COME FOR BRUNCH! **122 BEAT BELLY BLOAT**

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Crowdsourced inspiration

DTOGRAPHY, YVONNE DUIVENVOORDEN; PROP STYLING, SUZANNE CAMPOS

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H'S PHOTO, IL POLISH, GI

Life is a mess of moments...

THOUSANDS UPON THOUSANDS

of moments that blend together to make us the unique beings we are. If you stop to think about it, though, you quickly realize that, of the billions we collect, there are only a precious few we choose to grow old with: meaningful, life-changing moments that made our hearts skip a beat.

I've been thinking a lot about moments because it's May and in my world, that's the month for counting blessings and savouring memories. May hosts Mother's Day. It's also my son's birthday. In fact, Chad was born on Mother's Day. But there's more to it than the double celebration.

Just prior to Chad's birth, it was discovered that something was wrong with my pregnancy. Unbeknownst to my doctor or me, the placenta had stopped delivering nutrients to Chad and the little gaffer was using his own reserves to survive. He was battling something called intrauterine growth delay (IGD).

The doctor prepared me well with these (paraphrased) words: Nature protects the brain, so we're confident his faculties will be intact. He will, however, look different than most newborns. He'll have an average-



THE BEST "MOMENT" OF OUR COVER SHOOT? SNEAKING ON SET TO PLAY WITH OUR MODEL.

sized head, but it'll seem larger because his body will be very undersized. And since he's been "burning a few calories," his skin will be droopy, dry and crinkly.

If you're starting to get a picture of ET in your head, you're not far off. But I was lucky, and I knew it: The worst outcome of IGD can be stillbirth or long-term growth problems.

We had our own set of challenges during those delicate first years, but Chad has put all that behind him and is now a strapping young man, just shy of six feet.

The greatest takeaway has been this: Life doesn't always go well, but it gives you moments that help you live well.

Obviously, I was focused on having a healthy, bouncy baby. When I discovered that wasn't going to happen, I was scared – and convinced that sadness would dominate the delivery. And, even though he was born not breathing and quickly thrust into a swirl of white coats and beeping machines, I had a "moment" with him. I locked my eyes on his and transferred every bit of energy and love I possessed. Then he was whisked away.

I didn't know how or when I'd see him again, but that moment was rapturous. The strength I had willed to Chad came back to me tenfold.

It lifts me still.

So, think about, or look for, the moments that bring you joy and savour them. Like me, you'll probably find they come in very unexpected ways. But trust me, they are the ones you'll want to grow old with. But



WHAT I'M LOVING THIS ISSUE



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DOMEREIN NUTRITION TIPS PAGE 104



When you're going through a scary health situation, you realize how important nurses are. Their knowledge and bedside manner make all the difference in moments of hardship. That's why it's important to recognize nurses (May 12th is International Nurses Day) and why I'm so excited to announce our 4th annual **Nurse Excellence Awards.** Do you know a worthy candidate? If so, we'd love to hear from you. See page 2 for nomination info.

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HERE'S WHAT YOU HAD TO SAY ABOUT THE NEW BEST HEALTH!

THE MARCH/APRIL ISSUE of Best Health is written for vegetarians and voyagers, computer nerds and neophytes, moms and milk drinkers, athletes and allergy sufferers, dieters and daredevils, cleaners and declutterers, retirees and recipe lovers, wine drinkers and weight watchers, fashionistas, Facebookusers and everyone in between. One magazine fits all!

I FOUND A COPY of the March/April issue of *Best Health* at my mother's house and was so impressed. The style layout for "Flower Power" was full of great choices and stunningly laid out on the page. "Best Looks" was worth framing! As a magazine junkie, I look at many mags, but this is the first time I've felt compelled to write a letter of admiration.

I LOVE YOUR MAGAZINE. I am 34 with three small children. The reason I am writing is because I would like women (moms) to realize that no matter how busy life is, there is always time to take care of you, and it should be a priority.

It's so easy to put yourself on the back burner. But, if you're not taking care of yourself, how can you be the best mother or wife to your family?



JOELINE PARSONS EATS HEALTHY AT HOME

Also, I would like women to know that every healthy body is beautiful, no matter if you are a size six or 16. I would like to see more articles on this topic as I strongly believe true happiness and peace resides with in. $\text{\tiny JOELINE PARSONS, INGERSOLL, ON}$

BEST HEALTH ALWAYS addresses ways to realistically take charge of my health and well-being. Plus, the fact that it's a Canadian publication makes it easy to find products and help. Best Health is a nice thing to read for myself and my loved ones.

HILARY EWART, CAMBRIDGE, ON

THERE ARE NOT VERY MANY Canadian magazines that I enjoy reading, but this magazine is truly interesting. NICOLE AMENDOLA, SUDBURY, ON



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YOUR BEST BEAUTIFUL"

I AM WRITING to tell you how much I enjoy reading your mag! There are too many reasons to name, but I will enlighten you with a few. Your format and layout are eye-catching and not too busy. I find it easy to stay focused on one article and then move on, which is no easy feat for me. Also, I always appreciate not going overboard on medical terminology - there is no midsentence Googling to find a definition. Thanks for a wonderful read! JULIE POLLOCK, VIA EMAIL

ON ALMOST EVERY PAGE of the March/April issue, there is something to scan, Instagram or do, that requires me to look at my phone. Call me oldfashioned (even though I am only 31), but I buy magazines and books to read, to feel the paper in my hands, to get away from all that technology for the moment. To be reminded on almost every page to do something online, well, I did not find that very relaxing.

LAURIE BURNS, HALIFAX, NS

I AM IN LOVE with your magazine! I am always waiting for the new issue and read it cover to cover. I am definitely eating healthier and exercising more, and now I know things I was not aware of before. One thing I'd like to read more about is raw vegetarian diets.

STANISLAVA FROLOVA, VIA EMAIL

ILOVE THE SIZE of the new *Best Health*. I find it easier to read and visually more interesting.

CATHERINE BROWN, LAKEFIELD, ON

write+win

In 100 words or less, tell us what you think about our May issue. The winning letter will receive a Revlon mani/pedi prize pack (valued at \$99), including tools and a selection of polishes.

Send your letters to besthealthmag@rd.com with WRITE + WIN MAY in the subject line. Published letters may be edited for clarity. For a complete set of rules and more information on this contest, please visit besthealthmag.ca/writeandwin.

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IN CELEBRATION OF MOTHER'S DAY

we thought we'd ask a few of our contributors to talk about Girl Power

We asked ... Who is the most influential woman in your life and why?



DEPUTY EDITOR, BEAUTY + WELLNESS

KAREN ROBOCK

My mom lives with chronic pain due to advanced arthritis and I'm continually impressed and inspired by her strength and determination. She volunteers, goes to an assisted yoga class, has learned to meditate, and always makes me laugh. Her influence helps me put the petty day-to-day gripes in perspective. She also inspires me to be the best role model I can be for my own daughter.

IF WOMEN RULED THE WORLD, WE'D ...

make it a more patient and peaceful place, where diplomacy would happen over a glass of wine, a hug and sometimes, a good cry.



WRITER

LISA KADANE

EYE SPY, BELLY OF THE BEAST PAGE 80, PAGE 122

I'm in awe of my friend and fellow journalist Tamara Gignac, a mother of two young children who is battling stage 4 colon cancer. She's been making the most of every moment with her family and inspiring those around her to make every day count. In between rounds of chemotherapy she wrote and starred in a fundraising video for the Alberta Cancer Foundation, helping to raise over \$90,000.

IF WOMEN RULED THE WORLD, WE'D ...

hug it out – and declare chocolate a food group.

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PHOTOGRAPHER

YVONNE DUIVENVOORDEN

COVER, COME FOR BRUNCH PAGE 112

That's easy – my mom! At the age of 90 she continues to live an independent, active, meaningful, faith-filled life, in which she makes every day count. She is as disciplined as anyone I know, and still challenges herself everyday, both mentally and physically. She expects a lot of herself and of those around her, but offers her love and support unconditionally. She continues to influence and inspire me daily.

IF WOMEN RULED THE WORLD, WE'D ...

replace the House of Commons' "Question Period" with "Answer Period." KAREN'S PHOTO, MICHAEL ALBERSTAT; HAIR AND MAKEUP, MICHELLE ROSEN USING TRESEMMÉTRES TWO HAIRSPRAY/JUDYINC



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On the first stop of our 100% Canadian Milk Tour, we spoke with Jared DeJong, Barn Manager at Rose Gate Dairy Farm Ltd., a family-run operation in Abbotsford, B.C., to talk about the dairy industry and his family's passion for animals.

A FAMILY RUN FARM

Jared and his two sisters are the third generation to work on the farm. His grand-parents started Rose Gate in 1952, and his parents Ted and Greta DeJong now own the farm and its approximately 230 cows. After studying animal science (he was considering a career as a veterinarian) at university, Jared returned home to work at the farm. "I realized that farming allowed me to be with the cows full-time, where I would be able to implement managerial practices ensuring the health and safety of the animals," he says. "I take a lot of pride and joy in working on the farm and with the cows."

HAPPY, HEALTHY COWS

The cows on the DeJong farm are fed a diet that's carefully formulated to meet metabolic requirements. A nutritionist and veterinarian visit the farm at least once every two weeks to check on the health of the cows.

The introduction of four milking robots three years ago means the cows on this farm can milk at their leisure (provided they milk at least once every 12 hours for health and sanitation reasons). Taking good care of their animals is taking care of business. It's essential to provide top-notch

care, comfortable bedding, good nutrition, and clean water so that their herd is healthy and content. "Low-stress cows are healthier and happier, and produce higher quality milk," says Jared.

CONTROLLED PROCESS

Each of the cows on Canadian dairy farms are identified and monitored to ensure tight control measures are being abided by. At the DeJong farm, they measure how active the cow is, how often she chews her cud (which is a good measurement of health, says Jared), and how often she visits the milking robots.

CANADIAN QUALITY MILK

Within 15 to 20 minutes of milking, the milk is cooled to a temperature of 2°C to 4°C, says lared. (The Canadian Quality Milk Program requires milk to be cooled within 30 minutes of milking.) The milk temperature and overall system cleanliness are very important, says Jared. A time temperature recorder box monitors and records the temperature of the milk, how fast it's cooling, and more. Strict regulations like this ensure that all CQMcertified dairy farmers produce milk with the same level of care and quality. "We take great pride in producing milk that Canadians can rely on as being a safe product as well as coming from cows that are well cared for," says Jared.



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Sest NEWS

TIPS + TRENDS

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FIND OUT HOW WALNUTS BOOS BRAINPOWER





We asked Dwight Chapin, clinic director of High Point Wellness Centre in Mississauga, ON, and team chiropractor for the Toronto Argonauts, how we can avoid springtime injuries. Here are his top four tips.

- 1. LISTEN TO YOUR BODY Address prolonged stiffness following activity, poor balance or issues with moving freely in everyday routines. If you feel discomfort in your back or hips when standing after physical activity, reach out to a health professional to help you monitor your musculoskeletal health.
- **2. WARM UP BEFORE ACTIVITY** Try taking a short walk, performing a task at a slower pace to start, maintaining a neutral spinal position (straight back) and/or stretching your main muscle groups.
- **3. FIND OPPORTUNITIES TO MOVE** Improving flexibility and range of motion takes practice and must be worked on every day. This will help you avoid soft-tissue damage (the hallmark of overuse injuries) and enhance balance to help prevent falls.
- **4. BUILD LEAN MUSCLE** Strength training rebuilds weakened muscles and strengthens bone. Lean muscle also burns more calories, helping you maintain a healthy weight. Major muscle groups should be targeted twice a week. A set of resistance bands and a low-tech fitness program designed by a qualified health professional will do the trick.

"PREHAB"

Research shows that patients recover faster post-op if they undertake a wellness program, a.k.a. "prehabilitation" before going under the knife. The program includes daily exercise, nutrition and anxiety counselling.



This handheld electronic device was designed by a husband-and-wife team from Barrie, ON, to alleviate symptoms of menopause, such as hot flashes and night sweats. The discreet, rechargeable Menopod fits into the palm of your hand and features small copper plates that instantly become cool at the touch of a button. When applied to the base of the neck, the device reduces body temperature and provides fast, all-natural relief. \$180, menopod.com



Antibiotic resistance, which threatens the treatment of everything from pneumonia to urinary tract infections, has become a global threat. But drug-resistant microbes may have finally met their match, say scientists at Northeastern University in Boston. Researchers have created antibiotics derived from soil bacteria that are resistant to resistance. And, among their creations is a superbug buster deadly enough to fight notoriously horrible MRSA infections.

22 MAY 2015 best health





{fitness insider}

TIPS FOR POST-WORKOUT RECOVERY

We checked in with Stuart Phillips, a kinesiology professor from the Exercise Metabolism Research Group at McMaster University in Hamilton, ON, for his solutions



Remember the three Rs: Rehydrate (you need to replace the fluids that you've lost), refuel (give back the fuel that your muscles like to use best, which is carbohydrates) and repair (give the muscle back protein so it can use amino acids to repair and remodel muscle and withstand the stress of exercise.

What's a good post-workout fix?

Milk is a good rehydration aid – it's probably better than your typical sports drink because of the protein content, which also helps aid in repair. Although it can also refuel, it's not going to do it in the same way a [carb-loaded meal] will. Dairy contains vitamin D, which helps induce greater fat loss.

You've studied milk as a recovery aid?

Yes, we studied three groups: those who consumed fat-free milk, those who consumed fat-free soy milk and those who consumed a carbohydrate solution. The main finding was that everybody gained muscle and everyone got stronger, but those who drank milk gained more muscle and got a bit stronger than the other groups. At the same time, we unexpectedly found that those who drank milk simultaneously lost more body fat. In this way, milk provides convenience for the post-exercise period and at a relatively low price.

60%

THAT'S HOW MUCH MORE EXERCISE PEOPLE LOG ON WEEKENDS COMPARED TO ANY OTHER DAY OF THE WEEK

*According to a survey by My Fitness Pal



APPROPRIATE

Do you know your "fitness age"? Researchers at the Norwegian University of Science and Technology have created a formula – which includes age, activity level and resting heart rate, among other factors – to determine your magic number. Calculate yours at worldfitnesslevel.org

must follow!

Check out these fitness-filled Instagram feeds for some spring sweat-spiration:

Molly Sims @mollybsims Brianne Theisen-Eaton @btheiseneaton Jillian Michaels @jillianmichaels





Get back to the roots of skincare

New Roots Herbal's Exotic Oils are an astounding collection of all-natural organic oils that offer unrivalled protective, therapeutic, and regenerative properties. Sourced from around the world, these oils are naturally rich in beneficial fatty acids and vitamins, as well as high in oxidative stability.

With New Roots Herbal's Exotic Oils, maintaining your natural glow has never been easier.

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Our ISO 17025 accredited laboratory has 15 scientists: 3 PhDs, 4 MScs, and 8 BScs

All our products are non-GMO







{beauty insider}

WE CAUGHT UP WITH...

Harry Josh, celebrity stylist and international creative consultant for John Frieda, to get the goods on the new rules for aging hair



We've got some great role models today! Think Julianne Moore or Goldie Hawn. They have very youthful hair, with lots of layers and movement. This is what you want to aim for. Layers frame the face and hide wrinkles and crow's feet, creating the illusion of youthfulness. Forget about what I call "mom cuts" - super-short hair or chin-length bobs that draw attention to lines and jowls.



What's the rule for colouring hair as you age?

You want face-framing highlights - colour that's going to bring brightness and shine to your face. My general rule of

thumb is to go light to cover greys. And I suggest you go lighter than you think you can. As you age, you'll find that lighter hair will work best for you because it grows out less noticeably. That means you can go longer between touch-ups, which makes maintenance less of a chore.

How do you know if you're too old to try a trend?

I think you should never follow trends. Do what works for you. Wear your hair, not the other way around!



don't forget about oral hygiene:

Floss, brush your tongue and use

mouthwash daily. A pretty

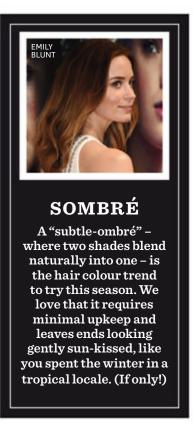
pout is nothing without

minty breath.

Contouring makeup doesn't have to be dark or dramatic or leave you looking like a Kardashian.

Not sure where to start? Try this application trick from Rodial makeup artist Gemma Wheatcroft: Using a highlighter, create three upside-down triangles. Draw the first triangle in the middle of your forehead with the tip between your brows, then a smaller triangle under each eye. With a contouring shade, suck in your cheeks and shade just below the sunken area, stopping before your mouth. Blend the harsh lines with your finger or makeup brush. Tap highlighter over your cheekbones, brow bones, chin and tip of your nose. For product suggestions, see page 34.





26 MAY 2015 best health

RECEDING GUMS? SENSITIVE TEETH? BOTH ARE PREVENTABLE

HEALTHY GUMS ACT AS A PROTECTIVE COLLAR AROUND YOUR TEETH. WHEN GUMS RECEDE AND TEETH BECOME MORE SENSITIVE, IT'S OFTEN A SIGN OF EARLY GUM DISEASE.

If the roots of your teeth are exposed, your teeth can become more sensitive to cold, heat, acids or sweets. Do you feel a sharp pain while eating ice cream or drinking a hot cup of coffee? Now's the time to switch up your oral care routine to prevent sensitivity and gum recession—before it gets serious.

REVERSE EARLY GUM DISEASE AND REDUCE SENSITIVITY

LISTERINE TOTAL CARE® FOR SENSITIVE TEETH® can reverse early gum disease in just 2 weeks*, plus is clinically proven to reduce tooth sensitivity. All you have to do is rinse twice a day for 30 seconds (along with twice daily brushing). It combines all these benefits for an overall healthier mouth:

- Kills 99.9% of germs that cause early gum disease
- Prevents and reduces early gum disease
- Builds a protective shield against sharp pain caused by sensitive teeth
- Strengthens tooth enamel

Canadian Dental Hygienists Association Position Statement- Oral Rinsing, J Asadoorian, CJDH 2006; 40 [4]: 1-13, *with twice daily brushing. Consult with dentist if gingivitis symptoms persist or worsen. Always read and follow label. † No purchase necessary, please see full contest rules and regulations for details. † Offer available on **LISTERINE®** products 250mL or greater (excluding LISTERINE® NEALTHY WHITE" and LISTERINE® SMART RINSE® products] purchased between December 27th, 2014 to December 31st, 2015. Limit one product refund per household or organization. For more information please visit LISTERINE.ca/moneyback. © Johnson and Johnson Inc. 2015

GET TO THE ROOT OF THE PROBLEM



BRUSH your teeth twice a day.



FLOSS at least once a day.



RINSE with an antiseptic mouthwash. LISTERINE® is recognized by the CDHA for daily use of an over-

the-counter product in people with early gum disease1.



VISIT YOUR DENTAL PROFESSIONAL REGULARLY for exams and cleanings to prevent and detect problems before they worsen.





with Kristen Yarker, a registered dietitian in Victoria, BC

Is snacking a good thing for your metabolism?

The scientific evidence is mixed on whether snacks help with digestion and metabolism. What's clear is that when people get really hungry, they choose more unhealthy foods, eat more quickly and eat too much. So, one of the best benefits of snacks is that they prevent you from getting to this point. Planning ahead and eating a healthy snack when you're just starting to get hungry will prevent you from making unhealthy choices later.

What constitutes a healthy snack? Does it have to be low-fat?

More important than low-fat is choosing foods with healthy fats. Protein, fibre and fats help keep you full longer and keep energy levels even. It's a smart choice to include foods that provide one or more of these, like nuts, dairy products and whole grains, in your snacks.

What are your favourite snack suggestions for active women?

As a businesswoman, avid surfer, trail runner and yogi, I'm an active woman myself! Here are some of my personal favourites: plain yogurt with hemp hearts and berries, buckwheat cakes spread with almond butter and topped with sliced apple, and raw veggies with bean dip.



YOUR SUNSCREEN

Get extra sun protection from the inside out. A diet loaded with vitamin C, lycopene and beta carotene - powerful complexionenhancing antioxidants - can be helpful, theoretically, in providing a boost of UV protection, says Dr. Lisa Kellett, principal dermatologist of Toronto's DLK on Avenue. "Your skin will be better able to repair free radical damage caused by sun exposure, which leads to skin cancer." Eating whole foods rich in these nutrients is key, she says. Try salmon, carrots, spinach, tomatoes and (iced) green tea. Remember to wear sunscreen daily and reapply it every two hours at the very least - no matter how high the SPF.



Long live bread

Before you consider going gluten-free, check out the latest research on the health benefits of whole grains: A new study in *JAMA Internal Medicine* suggests that a diet that includes oatmeal, rice and wholegrain bread can actually tack years onto your lifespan. Yes, really.

'OGURT WITH BLUEBERRIES, SPINACH, OATS, ISTOCK; GREEN SMOOTHIE, SHUTTERSTOCK



THE SMALLEST THINGS HAVE THE GREATEST POTENTIAL.

Sure, one tiny, humble quinoa seed may not seem like much. But when it's used to make our newest Kashi* foods, it starts a path of eating well, which inspires another good decision. And then another. And that can take you anywhere.

Learn more at Kashi.ca









LOOKS

IDEAS + INSPIRATION



THIS BUD'S FOR YOU

Spring for a new fragrance that captures the season's best – a blend of fruits and florals.

photography by GEOFFREY ROSS



TARTE LIGHTS. CAMERA, LASHES DOUBLE-ENDED



MAGIC WANDS

HOW TO: AMP UP YOUR MASCARA

You don't have to trade in your favourite triedand-true mascara to get a new look. Instead, try layering it with a new formula. Prepping with a lash primer helps lashes look thicker and longer while also ensuring less breakage and hair loss, says pro makeup artist Jodi Urichuk. "Primer creates a larger surface area for your mascara to adhere to, which helps to create fuller, more fluttery lashes," she says. For a fat

MASCARA AND LASH FIBRES, \$23 false-lash effect, ights. LASHE try priming lashes with a body-building

best in /

formula that contains

CITRON ET MENTHE AND

ROSE FRAÎCHE,

\$28 EACH

mini-fibres, which will help boost the density of each hair. If you're after a flirty curl, start by using a lash curler, then applying a curling mascara, focusing on the very roots of your lashes. Try: Benefit Roller Lash, \$29; Anna Sui Mascara Primer & Topcoat, \$25

BEST BUYS

CUSTOM MASKS

The latest in skin-saving cloth masks? Specialized "parts" treatments that let you target problem areas between full-face applications. Your Friday night wine and Facebook routine just got extra-productive.

1 Don't let your oft-neglected neck area be a tattle-tale of age. Treat it regularly with a boost of hydrating and firming ingredients, such as amino acids and wheat proteins.

RODIAL GLAMTOX NECK MASK, \$65 (PACK OF 8)

2 The hyaluronic acid and collagen in this unique, gel-based lip mask nourishes even the driest of pouts, leaving them smooth, soft and primed for your favourite matte lip colour.

THE FACE SHOP LOVELY ME: EX BEBE LIP MASK, \$2

3 These handy patches leave undereye areas feeling refreshed and looking smoother and tighter thanks to phyto-collagen and ginkgo and cucumber extracts.

LOOK BEAUTY EYE PUFFINESS MINIMIZING PATCHES, \$10 FOR 5





Into the Mist

We're loving these beautifully bottled hair mists, which look like your standard scent but actually work double duty, serving up a subtle, sophisticated fragrance, along with a smooth and glossy finish. Now that's what we call a dynamic duo.

produced by MEGAN KIRKWOOD photography by GEOFFREY ROSS

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Get dance-all-you-want bladder leak protection—Always Discreet underwear for sensitive bladders. Absorbs faster than Depend* to help you feel comfortably dry, with a discreet fit that hugs your curves. Because hey, pee happens. For coupons and your free sample,†go to alwaysdiscreet.ca.

Always Discreet. So bladder leaks can feel like no big deal.

The skin around your eyes is thinner and more delicate than the rest of your face, which means extra-special treatment is always in order. Here are the latest formulas to help you beat the (alarm) clock.

BEST FOR

FINE LINES

This all-inclusive elixir contains plant extracts, including harungana (said to be more effective than retinol), and can be applied from temple to temple to target fine lines in all areas, including that pesky "11" between your brows.



CLARINS SUPER RESTORATIVE TOTAL EYE CONCENTRATE, \$84

BEST FOR

DARK CIRCLES

Like an overnight mask for your eyes, this gel-like cream contains lavender oil to soothe and caffeine to target dark circles - perfect for helping you look like you got much more sleep than you actually did.



GARNIER ULTRA-LIFT MIRACLE SLEEPING CREAM EYE CREAM, \$25

BEST FOR

PUFFY BAGS

Licorice root helps to ditch shadows, while coffee bean extract and other botanicals in this 98% natural formula helps to restore cell energy and circulation, helping you ditch undereye puffiness.



AVEDA BOTANICAL KINETICS ENERGIZING EYE CRÈME, \$43

RX ON THE GO

Stressed? First signs of a cold? Bloated post-dinner? Our new secret weapon and desk drawer essential is the Saje Pocket Pharmacy, \$50, which is stocked with five roll-on essential oil blends to help alleviate common ailments. Formulas include Immune, Peppermint Halo, Stress Release, Eater's Digest and Pain Release. Our favourite is Peppermint Halo, which is applied all around your hairline as an instant fix to help even the most stubborn headaches.





HOT LIST

Throwing Shade

You don't have to be an Instagram star to know your way around a contouring palette. The latest must-haves offer up finely milled matte pigments that mimic the true colour of a shadow, plus step-by-step instructions so you can sculpt your complexion to A-list perfection.

- 1 Available in cool and warm shades, this palette pairs three sets of highlight and contour powders for a perfect match.
- 2 These creamy pencils provide ultra-precise results, so shading smaller areas (like your nose) is a snap.
- 3 This jet-milled duo comes in three shades and is infused with botanicals to transform your look instantly.
- 4 The cooler shades in this palette mimic true. shadow-like hues and are especially ideal for fairer skin.
- 5 This celeb fave will help you master contouring with zero risk of looking orange or muddy.



1. ANASTASIA

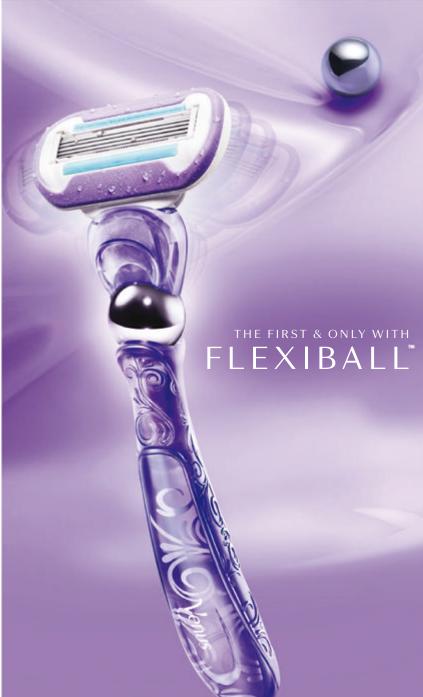
BEVERLY HILLS

CONTOUR KIT, \$52



Venus. Swirl*







THROW YOUR CONTOURS A CURVEBALL.



great legs &









SHORE THING

This sea-glass-like flaçon may look like something that just washed ashore, but we assure you its contents are far more precious than seaweed-flecked sea water. At first spritz, the scent starts crisp with fresh, citrus yuzu fruit and underwater shiso leaf, but just like a day at the beach, it warms up with comforting notes of wood, seashell and damp floral muguet. Now surely that's worthy of an underwater treasure.

Hey, Slick!

As the weather finally starts to warm up, trade in your standard gloss for a lightweight lippy. These plush formulas use oil to deliver a slight sheen and slippery texture without the stickiness (or a greasy residue). Plus, they contain a blend of essential oils, including jojoba seed, hazelnut and coriander fruit oils, to help hydrate and nourish still-dry-from-the-winter lips. A luxe gloss and comfortable balm rolled into one neat little package? Yes, please!

CLARINS
INSTANT LIGHT
LIP COMFORT OIL
IN HONEY, \$23
YSL VOLUPTÉ
TINT IN OIL IN
PEACH ME
LOVE, \$35

LOVE IT!

beauty maven must-haves

......

HOW SWEET IT IS!

While one-palette-fits-all makeup offerings are popping up everywhere these days, we've finally found one that makes us want to bust it open like a solid bar of Swiss

chocolate. Infused with antioxidant-rich cocoa powder, this 16-pan palette has all the neutral shades you need to create a flattering look for every day (and night) of the week, à la the always natural-looking beauty Keira Knightley. To get a wearanywhere look like Keira's, skip the eyeliner pencil and use a medium-sized eyeshadow

brush dusted with one of the truffle-hued shadows, such as hazelnut or haute chocolate, and softly buff the colour along both your top and bottom lashlines.



TOO FACED CHOCOLATE BAR, \$59

IN THE NECK OF TIME

Remedies that help take the wiggle out of your wattle

by CAMILLA CORNELL

"STICK YOUR CHIN OUT...NOW BRING IT DOWN JUST A LITTLE," coaches a friend whenever she's taking my photo. Her aim? To minimize my sagging chin and create a more streamlined jawline.

Let's face it: If there's anything that shows the creeping effects of age, it's the slackened skin on your jaw and neck, whether in the form of a wobbling wattle, a double chin or dreaded jowls.

The good news? Hiding imperfections doesn't mean resorting to scarves and turtlenecks or going under the knife (unless you want to!). Thanks to advances in technology, there are a variety of tools and therapies to suit your budget and level of commitment. Read on for your go-to list of solutions.

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BOTOX

Most commonly used in the upper face to relax forehead creases, crow's feet and vertical lines between the brows, Botox can also be used to soften the thick V-shaped platysma bands, which are the contracting muscles that run from under your chin to your Adam's apple. That said, it's rarely used for this purpose, says facial plastic surgeon Dr. Mark Samaha, who runs a practice in Montreal, "because people are usually interested in a more all-encompassing solution." Also, the more pronounced the bands are, the fewer results one will see with Botox. If you choose this option, note that Botox must be injected by a medical doctor (MD), or a registered nurse (RN) under the supervision of a doctor.

BEST FOR: AGES 30+
IN-OFFICE TIME: 15 MINUTES
DOWNTIME: NONE, BUT IT USUALLY
TAKES THREE TO SEVEN DAYS FOR
RESULTS TO SHOW

OUCH FACTOR: 1-3 OUT OF 10
LASTING EFFECTS: ABOUT FOUR MONTHS
COST: \$300 TO \$600 PER TREATMENT

FILLERS

Hyaluronic acid (HA) fillers with brand names like Restylane and Juvéderm can camouflage mild jowls. The doctor or RN will inject filler into the marionette lines between the corners of your mouth and chin, as well as along the jawbone in front of (and sometimes behind) your jowl to create a smoother line, says Dr. Samaha.

Although the HA used in fillers is synthetically produced, it's almost identical to the HA your skin produces naturally. The caveat: It won't do a thing for loose skin on your neck.

By law, fillers must be injected by a doctor, or an RN under a doctor's supervision. Aestheticians and lay people are not authorized, but some treat those guidelines loosely. Your best bet? Check that there's a doctor on board before you inject.

BEST FOR: ALL AGES
IN-OFFICE TIME: 15 TO 45 MINUTES
DOWNTIME: USUALLY NONE, ALTHOUGH
THERE COULD BE SLIGHT BRUISING OR
REDNESS FOR 24 TO 48 HOURS

OUCH FACTOR: 2-4 OUT OF 10
(MOST FILLERS CONTAIN LIDOCAINE
FOR PAIN CONTROL)
LASTING EFFECTS: 10 TO 18 MONTHS
COST: \$400 TO \$700 PER SYRINGE
(MOST PATIENTS WILL NEED ONE TO TWO
SYRINGES)

INFRARED LIGHT

Infrared light (under brand names such as Titan and SkinTyte II) heats and inflicts tiny injuries on your skin's collagen layer, causing it to contract and tighten. It can't penetrate as deeply as a technology like Ultherapy, so it's less effective, according to Roberta Segar, treatment director of Skinpossible Laser & Light Solutions, a Calgary clinic. She uses it to "freshen" the face and for superficial skin laxity, often in the neck area. "The skin on your neck is thinner than the skin on your face [making it easier to penetrate]." Results take time to show usually three months - "but some people heal slower as they age, so the full results might not be obvious until six months later." How is it administered? You lie back while the practitioner (MD or MDsupervised nurse/aesthetician) delivers pulses of infrared light through the handpiece. One caveat: There is a possibility of minor or, in rare cases, even severe burns with Titan. Make sure your practitioner is experienced and has a solid reputation.

BEST FOR: 40s TO 60s
IN-OFFICE TIME: 45 MINUTES TO 11/2 HOURS
PER TREATMENT
DOWNTIME: NONE
OUCH FACTOR: 4 OUT OF 10
LASTING EFFECTS: ONE TO TWO YEARS
COST: \$300 TO \$500 PER TREATMENT
(THREE TO FIVE TREATMENTS
RECOMMENDED)

LIPOSUCTION

This is a quick and effective solution for removing excess fat deposits in the chin area and can be performed under local anesthetic. Basically, the doctor makes small incisions below the chin and sometimes behind the ears and then vacuums out the excess fat using tiny suction tubes. But Dr. Samaha warns that skin needs to be firm enough that it snaps back once the

HIDING IMPERFECTIONS DOESN'T MEAN RESORTING TO SCARVES AND TURTLENECKS.



fat is removed. "If you go in and remove fat in an older woman, the skin will droop even further," he says. For that reason, the procedure may be combined with a facelift or neck lift or a non-surgical tightening treatment.

BEST FOR: ALL AGES

COST: \$1,500 TO \$2,500

IN-OFFICE TIME: 15 TO 40 MINUTES DOWNTIME: SEVEN TO 10 DAYS OUCH FACTOR: 1-2 OUT OF 10 (WITH ORAL PAIN MEDICATION) LASTING EFFECTS: MANY YEARS

ULTHERAPY

Ultherapy, under the brand name Ulthera, uses focused ultrasound waves to deliver energy to the muscle layer below the skin, says Dr. Sandy Skotnicki, founder and medical director of Bay Dermatology in Toronto. The zap of energy kick-starts your body's natural repair process, causing the muscles to tighten and spurring collagen growth. The result? Subtly tighter, more toned-looking skin, but it's not an overnight fix. Results take between three and six months to be noticeable, says Dr. Skotnicki.

You lie back while the practitioner applies ultrasound gel to the skin to ensure a good seal and then runs the handpiece over the targeted area. You'll feel a series of zaps, like the snap of a rubber band or, in the worst-case scenario, a bee sting. The Ultherapy handpiece shows the underlying layers of skin on a screen (as with ultrasounds), allowing practitioners to deliver energy to a precise depth.

Ultherapy has been approved by Health Canada to lift skin on the eyebrows, neck and under the chin. The therapy can be administered by a physician, as well as an RN or aesthetician under the supervision of an MD.

BEST FOR: EARLY TO MID-40s
IN-OFFICE TIME: 11/2 TO TWO HOURS
DOWNTIME: TWO TO FOUR DAYS (FOR MILD
SWELLING AND REDNESS TO DISAPPEAR);
BRUISING AND WELTS ARE POSSIBLE
OUCH FACTOR: 4-8 OUT OF 10
(WITH PRIOR PAIN MEDICATION)
LASTING EFFECTS: ONE TO THREE YEARS

RADIO FREOUENCY WAVES

Controlled doses of radio frequency (RF) energy gently heat the underlying layers of your skin to shrink fat cells and impose microscopic injuries. Collagen fibres respond by contracting and tightening as they heal. The treatment aims to reduce fat volume in your lower face, tighten skin on your face and neck and provide a more distinct jawline.

You recline while the practitioner moves the handpiece over the treatment area. You'll feel a sensation of heat, as well as a pummelling feeling against your skin that can be uncomfortable, particularly in the neck area. The Health Canada-approved brands for skin tightening include Thermage, Venus Freeze and Viora Reaction.

Marina Vashkevich, owner of Med-VSpa in Toronto, prefers Viora because she can target RF waves at four depths of skin penetration with the device. "The thickness of skin in men and women, old and young, varies," she says. The therapy can be administered by a physician, as well as an RN or aesthetician supervised by an MD.

BEST FOR: 40s AND 50s

IN-OFFICE TIME: 20 MINUTES TO ONE HOUR

PER TREATMENT

DOWNTIME: NONE, ALTHOUGH YOU MAY HAVE BRUISING AND REDNESS FOR A FEW DAYS

OUCH FACTOR: 2-3 OUT OF 10

LASTING EFFECTS: SIX MONTHS OR MORE COST: \$125 TO \$300 PER TREATMENT (THREE TO SIX TREATMENTS RECOMMENDED)

NEED A LIFT?

A traditional facelift combined with a neck lift remains the best bet for a striking, lasting fix, including a smooth, tight neck and a well-defined jawline. The doctor will make small cuts that are hidden in the creases around your ears. "Then we get under the skin and tighten up the muscle by suspending it with sutures," explains Dr. Samaha. Your skin is then "redraped" and the excess trimmed away. Although you can have a procedure on your neck alone, "Generally, when someone has a

THE SKIN ON YOUR NECK IS THINNER THAN THE SKIN ON YOUR FACE.



COST: \$1,500 TO \$3,800



DESPERATE?

There's a better way to cool the burn down there...

You know the feeling, it's a vaginal infection with a burn so intense you'll do just about anything to get relief, not to mention all the other uncomfortable symptoms that come along with it. But it's just one of those (many) things that women have to deal with every once in awhile, right? Not so much... what you may not know is that vaginal infections are caused by having too much bad bacteria down there. VagiCare is a probiotic that naturally restores good bacteria and treats and prevents vaginal infections naturally, without any questionable ingredients. And it's even refrigerated, making it THAT much cooler!

So leave the popsicle for dessert and treat yourself to VagiCare.



PROVEN



GLUTEN-FREE



Available in the cooler at natural health food stores, select grocery stores and pharmacies.







loose neck, they also have jowls," he says.
"The overwhelming majority of patients will do a lower face lift and neck lift."

BEST FOR: 50s TO 70s

IN-SURGERY TIME: 21/2 TO 31/2 HOURS DOWNTIME: TWO WEEKS BEFORE SWELL-ING AND BRUISING SUBSIDE ENOUGH TO

GO OUT IN PUBLIC

OUCH FACTOR: 1 TO 3 OUT OF 10 (WITH ORAL PAIN MEDICATION)

LASTING EFFECTS: 10 YEARS OR MORE COST: \$7,000 TO \$11,000 (DEPENDING ON WHETHER THERE ARE CONCOMITANT PROCEDURES)

...OR MINI-ME VERSION

A mini-facelift requires shorter surgical incisions and less downtime than a traditional facelift, but it addresses only jowls and drooping cheeks. The results will be less dramatic than for a traditional facelift. "If you look in the mirror and prop up your cheeks and jowls with your fingers, you're mimicking what a mini-facelift does," says Toronto plastic surgeon Dr. Lawrence Tong. The procedure is best for people with minimal facial sagging and those who've previously had a facelift and just need a touch-up.

And make sure you know what you're signing up for, he cautions. Procedures such as the so-called "lunchtime lift," "trampoline lift" and "S-lift" claim to give you great results quickly but often don't address the underlying muscles in your face, so the results can be shortlived. For best results, your surgeon should tighten and reposition the SMAS, as well as the skin itself. Best suggestion? Do your homework before you go under the knife.

BEST FOR: 40s
IN-SURGERY TIME: ONE TO 21/2 HOURS
DOWNTIME: ONE TO TWO WEEKS
OUCH FACTOR: 1 TO 2 OUT OF 10
(WITH ORAL PAIN MEDICATION)
LASTING EFFECTS: FOUR TO 10 YEARS

COST: \$4,000 TO \$8,000

• All prices are offered as a guide only. Procedural fees may vary based on an individual's skin health, as well as clinics' rates.



ot ready to go under the knife or visit the doctor? Here are options to help you stop the sag from the comfort of home.

Arbonne

RE9 Advanced Age-Defying Neck Cream, \$97, relies on nine botanicals and ele-

ments, including algae extract (to moisturize and support collagen synthesis) and peptides (to reduce the appearance of wrinkles).

• Avon Anew Clinical Infinite Lift Targeted Contouring Serum, \$45, incorporates a pharmaceutical-grade skin tightener with peptides. The promise: the appearance of firmer, more elastic skin in areas prone to sagging.

• Clarins Extra-Firming Advanced Neck Cream, \$78, blends Clarins' exclusive

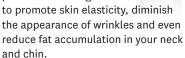
firming complex with sunflower auxins (substances in the plant stem) to help firm and reduce wrinkles in the delicate neck area. Green algae extract plumps and smooths skin, while oat sugars support a youthfullooking chin, neck and décolleté.

- Elizabeth Arden Prevage Anti-aging Neck and Décolleté Firm & Repair Cream, \$138 (shown above), features a powerful antioxidant, idebenone, blended with tightening polymers and a skin-smoothing vitamin A derivative.
- Elizabeth Grant
 Wonder Effect
 Décolleté Pads
 \$30, are saturated
 with glycolic acid
 and Torricelumn
 (a substance harvested from sea



kelp pods). Apply and wait 20 minutes for it to dry. The pads moisturize, reduce the look of wrinkles and sunspots, and makes the delicate skin of your chest appear brighter.

- Jouviance Restructiv Collagen Boost, \$55, promises the same skin-plumping effect as a hyaluronic acid injection. Jouviance developed an exclusive complex called pro-collagen activator complex, which helps deliver a high dose of cell energy without causing glycation. (Glycation causes collagen fibres to stiffen
- and leads to a loss of skin elasticity.)
 Rodial Chin & Neck Lift, \$98,
- comes in the form of a light triple-action gel made from a blend of essential amino acids, peptides and wheat proteins. It's designed



• Skin Republic Neck and Décolletage Repair Mask, \$9. Infused with collagen to plump, and vitamin E to restore youthful texture, these masks work in just 20 minutes.



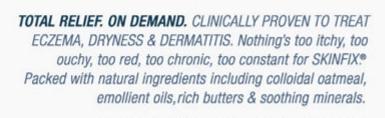
• **StriVectin** TL Advanced Tightening Neck Cream, \$99, is formulated with proprietary NIA-114 technology and promises to energize

cells, strengthen and rebuild the skin barrier and inhibit the impact of environmental aggressors.



Ingredients like hyaluronic acid and algae extract help firm, sculpt and moisturize. Br

USE SOMETHING THAT ACTUALLY DOES SOMETHING.





WHEN NOTHING ELSE WORKS, GET SKINFIXED.









LUCKY FOR US, THE SURGING POPULARITY IN ALL THINGS

nails has translated into a plethora of choice for our fingers and toes. We can thank cutting-edge R&D, innovation and the rise of the celebrity manicurist. Today, runway-worthy tips are as close as the corner drugstore, whether you're looking for fashion-forward colours, ultraglossy formulas or longer-lasting lacquers.

We've come a long way since the first manicures, which date back to 3200 BC. Then, kohl was used to paint nails, with colour being a key indicator of your status in society. The "it" shade back in the day was black – it meant you were rich and powerful.

By Cleopatra's time, henna was used to stain nails red. The colour may have lightened up, but the weight attached to the practice did not, painted nails were still used to indicate one's place in the world.

Today, we just want to have fun with colour – the only agenda is to get it right. And with our expert tips and treatments, we just know you're going to nail it!

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Even if your summer holidays don't take you farther than the backyard, you can still travel with your tips. Match your mani-pedi to your ideal destination and get ready to enjoy a varnish vacay.



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ENERGIZE YOUR DAY WITH ONE CONVENIENT PACK



CUSTOMIZED SUPPORT FOR ACTIVE LIFESTYLES

Premium GNC Vitapak® Program combines nutrients specially designed to support a woman's overall health with highquality ingredients to relieve fatigue,* promote endurance and enhance motor performance and cognitive function



Mani makeovers

It's a bad news/good news thing: Your go-to nail treatment may be a bit dated now, but the good news is, you can get an instant upgrade on last year's looks with these trending tweaks without ever leaving your comfort zone.

GIVE ME FIVE!

Love the playfulness of last season's accent nail?
Then the five-colour mani is for you! Simply choose five shades in one colour family and paint each nail a different hue.
Red is a classic place to start.



FROM TOP: 1 REVLON NAIL ENAMEL IN RAVISHING, \$6.2 OPI INFINITE SHINE GEL EFFECTS LACQUER SYSTEM IN SHE WENT ON AND ON AND ON, \$15.3 MISSLYN NAIL COLOUR IN SCANDALOUS, \$10.4 FLOWER BEAUTY NAIL'D IT NAIL LACQUER IN PRECIOUS POPPY, \$6.5 MAYBELLINE COLORSHOW NAIL LACQUER IN KEEP UP THE FLAME. \$5.

NUDIE SHOW

If the make-under is more your style, swap last year's nude nail polish for accents on bare nails. First, you need paper reinforcement stickers to act as a stencil. Next. cut a sticker in half and place it on the nail to create a template for either a French tip or crescent moon. Paint over it with a bright shade, leaving the rest of the nail nude. Finish with a clear topcoat.



FLOWER BEAUTY NAIL'D IT NAIL LACQUER IN GOOD BUD-DY, \$6

METAL WINNERS

Who doesn't love a little sparkle? This season's tweak on the perennial favourite leans toward subtle sparkle rather than all-over opaque glitter.

Try layering multiple shades of sheer, metallic glitters for a luxe gold or silver-leaf effect.



WET 'N WILD FERGIE NAIL COLORS IN GLAMOROUS AND NEW YEARS KISS, \$2 EACH

WHAT A STUD

Once an arts and crafts girl always an arts and crafts girl. Feed your sticker passion with accent stones, and give nail polish strips a break. Here's how to get the new look: Accent one area of each nail with a small stone or stud.





KISS SALON SECRETS LUXE ACCENTS, \$7

GLITTER POLISH IS A FUN IDEA...until you try taking it off. Reading the minds of DIY manicurists across Canada,

Sephora has come to our aid with its **Sephora Collection Instant Nail Polish Remover for Glitter, \$11.** It removes even the toughest of glitter polishes and nail appliqués thanks to a heavy-duty formula infused with hydrating ingredients. Simply soak each finger (or toe) for 10 seconds and voilà: You're ready for your next nail party.



If you're thinking about lunch, it's time to rethink your breakfast.

DON'T GET CAUGHT HUNGRY. **GET SPECIAL K PROTEIN CEREAL*** WITH 10G OF PROTEIN[†]. IT'S A FULL SERVING OF SATISFACTION. Protein



Strokes of genius

THERE'S NO ONE SECRET TO A

great DIY – there are 10! Before you set up another mani night, get up to speed on the cool tools and top tips you need for your next brush with greatness.



SOLE STORY

All the rage in Asia, these sole-smoothing foot masks keep unsightly, scaly skin at bay, leaving you with spa-level results without the hefty bill.
FEET TREAT PEDI BY LOOK BEAUTY INTENSIVE MOISTURING FOOT MASK, \$10



MICRO MANAGE

This fast-acting, battery-operated buffer comes with two rollers: one to smooth ridges and remove stains and another to buff nails to a high, natural shine. Use it as a quick fix for unmanicured nails or to prep your digits for a smooth polish application.



TIPPING POINT

Extend the life of your manicure and prevent chipping by wrapping your polish (and basecoats and topcoats) around the edge of your nail. "Sealing the tips of your nails prevents water and oil from breaking the bond between your nail plate and the polish," says expert manicurist Wendy Rorong.



STACK THE DECK

The key to getting a salonworthy finish is to get as up close and personal with your digits as possible, says Rorong. "Always lay your hand flat and close to your face so that you can zoom in, and be sure to avoid touching your cuticles or nail walls while painting." For best results, try laying your hand on a stack of books or magazines while sitting at your desk or dining table.



SHEER HEAVEN

Fortified with strength-building keratin, golden bamboo to bond and seal, licorice extract to brighten and safflower seed oil to hydrate, this lightly hued treatment is pretty enough to wear on its own while it works to restore the health of your nails. FORMULA X SHEER STRENGTH SHEER NAIL COLOR IN POWERFUL, \$16



SHINE ON This finishing touch topcoat has it all: long wear, plumping texture and ultra-glossy shine. Plus, it'll camouflage any nicks or less-than-perfect applications, so your tips look fresh from the salon, regardless of your painting skills.

SALLY HANSEN 3D GEL SHINE TOP COAT, \$15



CURE ALL UV-curing polishes and basecoats and topcoats have gained major popularity because they serve up gel-like long wear and durability with zero special equipment required. "Natural or artificial light bonds the nail polish polymers to your nail, making it stronger and more resistant," says Rorong. "The curing action also speeds up the drying process, helping you avoid nicks and scuffs."



BRUSH STROKES

Instead of trying to steadily place your brush right at the base of your nail without painting outside the lines, start by placing a drop of nail polish in the middle of your nail. "Very carefully push the polish toward your cuticle without touching it and then pull the brush toward your nail tip."



DOMINANT DO

"If you're a novice DIYer, start with painting your dominant hand first, which will actually ensure you get a less shaky start. Hold the brush in a comfortable position and try to keep your hand relaxed."



INSTANT SUCCESS

Dry freshly polished fingers and toes in 60 seconds (less than the time it takes to find your keys) with these instant dry drops.

NICOLE BY OPI DRYING DROPS, \$11

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Hair that would make even Rapunzel jealous.

Thin hair, weak nails and less-than-supple skin are all signs of a mineral deficiency. The good news is that you don't need an Enchantress to fix it; it can often be reversed by supplementing with Florasil®. The silica in Florasil® helps to reverse some of the effects of aging by rejuvenating collagen and promoting the growth of strong, flexible nails, and thick, lustrous hair. Long hair, less wrinkles and strong nails? Fairy tales can come true.

Grow hair of towering lengths with Florasil®.

Available in natural health food stores, select grocery stores and pharmacies.















COMBOS FOR HAPPY FFFT









EDITOR'S PICK!

L'ORÉAL PARIS INFALLIBLE 2-STEP NAIL COLOUR IS GREAT FOR TRAVELLING. SLEEKLY SIZED, IT COMES WITH ONE SHADE AND A TINTED TOPCOAT.

Dream cream

SMOOTH, SUPPLE SKIN is the finishing touch to a great manicure - diamond jewellery notwithstanding - and Jergens BB Hand Perfecting Hand Cream, \$7, delivers that in spades.

This non-greasy lotion hydrates and softens skin on contact. But what makes it our hands-down favourite is that it improves skin tone, both in the short and long term. A blend of vitamins and humectants evens out skin and works to diminish dark spots within weeks, while the addition of SPF 20 helps ward off future sun damage. Our rating? Two thumbs up. bt



TIPS from your tips

WHEN SOMETHING IS WRONG WITH

vour health, one visible clue is nail discolouration. Healthy nails have a pinkish hue and are evenly coloured. Abnormal colouring varies depending on the cause, which may be a problem affecting the nails or a condition somewhere else in the body. Here are some examples of what can lead to nail discolouration:

Nails can become yellowed due to lymphedema (a buildup of lymphatic fluid in tissues), lung disease or psoriasis.

What is known as "green nail syndrome" is often caused by a type of fungal infection called pseudomonas.

Nails may become stained brown from nicotine use, nail polish or even chemotherapy.

Bruising due to injury can turn part of a nail purple. Red or purple streaks can also result from a splinter hemorrhage (a little bit of bleeding that occurs under the nail).

Nails can turn blue as a result of taking minocycline (antibiotics) and from several other oral medications.

BLACK

A severe pseudomonas infection or bruising are common causes, but melanoma is also a possibility. A black nail should be seen by a dermatologist.



White nails can be hereditary or a sign of low albumin (protein deficiency). White streaks may develop from trauma to the nail. Nails can also fade and turn white from vitiligo, a skin condition caused by a loss of pigmentation.

Information provided by the Canadian Dermatology Association, dermatology.ca

GAME READ

HEATHER AND MARTIN ST. LOUIS

We had the chance to sit down with NHL® great and Olympic gold medalist Martin St. Louis and his wife Heather while they were in Toronto recently. Here are the top things that Heather and Martin St. Louis need to be game ready.





MY DAY STARTS WITH Coffee.

....... **FAVORITE FAMILY TIME**

Other than dinner, family time typically involves some form of physical fitness. We try to bike ride or play tennis as a family

whenever Martin's schedule allows.

MY FITNESS REGIMEN

We have always shared a commitment to being physically fit. Once lunches are made and the kids

are at school, I'm out walking the dogs, taking a fitness class or going for a long run.



Lip balm. As far as my day-to-day beauty regimen is concerned,



I'm pretty low maintenance. But if you ask anyone who knows me, I'm never without my lip balm.



MY DAY STARTS WITH

Coffee.

FAVORITE FAMILY TIME

Every summer we take the boys back to Quebec. I think it's important for them to spend time with my family and see where I

grew up.

MY FITNESS REGIMEN

I've always loved working out. Obviously it's an important aspect of me being a professional athlete, but I really do enjoy it. Weights,

cardio - it's a ritual for me.



Crest® SENSI-RELIEF™. I suffer from tooth sensitivity, especially from anything cold. Ironic since I spend so much time on the ice. Brushing with Sensi lets me worry about the cold less, and focus on the game more.



Families like Heather & Martin's rely on Shoppers Drug Mart to have the latest products to keep them on their "game". Clinically-proven Crest Sensi-Relief is a good example. It builds protection against sensitive tooth pain so that you can be at your best throughout the day.





Sensi-Relief[™] fights cavities and tooth sensitivity.

Available at





Blow-drying, aging, the weather, styling, harsh products, and washing with hot water can all deplete your hair of its protective oils, leaving it feeling dry and brittle. Luckily, Pantene has a new haircare solution that can make healthy, beautiful locks a part of your daily routine.

THE DILEMMA: DEEP MOISTURE WITHOUT THE WEIGHT

Your hair's outer layer, the cuticle, is porous and requires the right amount of moisture to maintain its flat and smooth appearance without weighing it down. When it's compromised by damage from dehydration, the cuticle lifts up and away from the hair shaft. Your hair feels crunchy, looks dull, and has a bevvy of broken and split ends.

EASY FIX: AN INTENSE HYDRATING ROUTINE THAT'S STYLIST APPROVED

Pantene's new Expert Dry Defy Line was designed to tackle hair's toughest issues and to provide intense hydration. Its formula contains a Triple Amino Complex that acts to deflect humidity and damage while sealing in hydration. The result? Beautiful, rehydrated hair that looks smooth and feels velvety soft.



We'd love to hear what you think.

HAIR CARE'S IN OSTANA AND ED COLLECTION*

BEAUTY EDITORS CAN'T GET ENOUGH OF PANTENE'S EXPERT COLLECTION

Pantene's Expert Collection not only helps restore smoothness and shine, but helps erase damage in just one wash.

PANTENE E X P E R T

"Magazine Awards in 2014 from top Canadian Publications with award programs





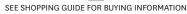
ONE FINE DAY

It's Mother's Day! To celebrate, here are inspiring ideas that will help you hit the right note when singing Mom's praises – whether she is sporty, urban, or likes to stay close to home or cottage.

(And, hey, if you want to just leave this lying around as a "hint, hint" for your family, that's cool, too.)

by INGRIE WILLIAMS photography by MICHAEL CHRICTON styling by DEE CONNOLLY







1 Give Mom a stylish way to label her growing garden. Chalkboard Herb Garden Marker Set, Indigo, \$18 2 Wrap up a printed straw hat to top off her dock-dwelling style. Hat, French Connection, \$48 3 Busy hands deserve extra care. L'Occitane Shea Butter Hand Cream, \$30 4 Treat Mom to a hydrating body lotion. Dr. Roebuck's Pure Body, \$30 5 This travel-friendly bag, with personality to spare, is ready to be loaded up with all her long weekend must-haves. Bag, Marshalls Canada, \$130 6 An elegant silhouette is a welcome update to classic tortoiseshell frames. "The Rose" sunglasses, Bobbi Brown, \$160 7 Mom will enjoy the charming sounds of this garden bell whenever

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Cottage
A good read, a cozy pillow, a great sun hat – we've got the best ideas for moms who love casual weekends at the lake.



the wind blows. Wise Owl Garden Bell, Indigo, \$10 8 Worn around the neck, over the shoulders or as a head wrap, one chic scarf yields endless style possibilities. Scarf, Old Navy, \$17 9 Enchanting accent pillows will warm up any room. Squirrel Shape and Baby Owl Cushions, Virginia Johnson, \$36 each 10 This bestselling author tells the story of German-occupied France during WWII through the eyes of two very different sisters. The Nightingale by Kristin Hannah, \$20 11 Lightweight in texture and relaxed in shape, these are tailor-made for kicking back. Free People Linen Pants, Sporting Life, \$98 Homebody

Pastel teacups, pretty soaps, the perfect fragrance – all nifty notions, for moms who love the home life.



SHOP THE GIFT 1 A spot-on choice if her to-do list includes showing off her playful side. Watch, Timex, \$65 2 Jo Malone Rock the Ages limited-edition cologne in Lily of the Valley & Ivy, \$75 (30mL) 3 For the girly-girl, there isn't a more grown-up way to do pretty in pink. "Ursula" Sunglasses, Kate Spade, \$190 4 Real green tea leaves create a detox tea bath to melt away stress. The Body Shop Fuji Green Tea Bath Tea, \$20 5+6 This e-reader is perfect for the bath or the beach (it's waterproof and dustproof!). Kobo Aura H2o, \$180, featuring the book *Picnic in Provence* by Elizabeth Bard, \$29 (print), \$13 (Kobo) 7 A selection of bath goodies offers the ultimate in relaxation. (L-R) Lush's Creamy Candy Bubble



9



Bar, \$7; Avobath bath bomb, \$6; Mmm Melting Marshmallow Moment Bath Melt, \$8 8 A collared shirt in gossamer candy-coloured stripes comes across as sophisticated without being stuffy. Shirt, Ann Taylor, \$80 9 Snap and print pictures instantly with this adorable Polaroid redux. Fujifilm Instax Mini 8 Instant Camera, \$100 10 This pretty-as-a-petal light scarf is the perfect accessory for sunny spring days. Garden Floral Scarf, Indigo, \$50 11 Sweeten up her everyday walk with a little bit of lace that's easy to wear. Shoes, TOMS, \$70 12 Let mom enjoy her favourite tea from a pretty pastel cup. Time for Tea Teacups & Saucers, Indigo, \$50 13 Treat the woman on the go to a dash of ladylike flair. Bag, Roots, \$258

SportyNew kicks, vibrant bags, multi-tasking makeup – these gift suggestions are sure to kick-start Mom's day in high style.





1 For the woman who never sits still. Plantronics BackBeat Fit In-Ear Sound Isolating Bluetooth Headphones, \$150 2 Tech talk: This is the world's smallest portable battery backup and wall charger combined. Fluxmob Bolt Tango, \$60 3 A punchy hue with built-in features, this tank offers an inner bra, an iPod pocket in the back and UPF 50+ to help block the sun's rays. Top, Lolë, \$60 4 A roomy shape holds plenty of gymtime essentials while being stylish enough to tote all around town. Nike Victory Bag, Sporting Life, \$110 5 Thanks to a silicone strap and ombré palette, this timepiece is equally sporty and pretty – just like Mom. Watch, Marc by Marc Jacobs, \$180 6 Help Mom keep her trinkets



organized in this sporty pouch. Patent Maya Pouch, Indigo, \$20 **7** Mom will be able to lengthen her post-workout glow with this multi-tasking makeup. Dior Cheek & LipGlow (Rosy Tint 001), \$39 **8** Fashion meets get-fit function in these boldly printed, moisture-wicking leggings. Leggings, Winners, \$25 **9** Spring training gets a hit of colour with this vibrant jacket. Adidas Supernova Jacket, \$100 (available in June) **10** Light and bright, these kicks will up Mom's game. New Balance Fresh Foam Zante, \$130 **11** No gym, no problem! This book features 50 illustrated solo circuits. *7 Minutes To Fit* by Brett Klika, \$19 **12** As part of a charitable organization, these shades not only look good; they also do good. Sunglasses, TOMS, \$159

Urban

Statement cuffs, fragrant candles, a striking bag – these goodies have city cred for trend-following moms.





1 Fragrance to go! Chanel N°5 Eau Première Purse Spray, \$124 (3 x 20mL) 2 One part tuxedo, one part tropical, these playful pants will take her from work to weekend. Pants, MICHAEL by Michael Kors, \$165 3 Add runway style to her real life without breaking the bank. Heels, Forever21, \$34 4 Printed and pebbled leather merges into one stunning bag. Tote, Fossil, \$288 5 An ivory finish gives oversized shades a fresh look. Sunglasses, Winners, \$100 6 Modern yet timeless, this sleeveless top is a splurge that will give her plenty of mileage. Top, Judith & Charles, \$245 7 Give the gift of great hair with this sleek tool. Schwarzkopf Professional PRO-Flat Iron, \$215 8+9 Mom will love to



light these deliciously scented luxe candles. Fresh Grapefruit candle, \$65; Diptyque Figuier candle, \$72 10 This collection of complementary eyeshadow shades is perfect for trend-conscious women. Sisley Paris Phyto 4 Ombres, \$115 11 If her look leans toward understated and elegant, choose clean lines with just a hint of sparkle. Cuff, Banana Republic, \$62 12 Keep it simple! Jewellery that boasts geometric lines instantly goes with everything she owns. Bracelet, Express, \$27

Charming

Easy, breezy and stylish, the sundress is an essential hot-weather must-have. Whether you prefer a statementmaking maxi or something short and sweet, brightening your look is as simple as a summer day.

by INGRIE WILLIAMS photography by MICHAEL CRICHTON



on my list for... PAYDAY

WITH AN EYE-CATCHING PRINT, DAINTY SASH BELT AND BANDED HEM FINISH, THIS SLIP DRESS DOESN'T SKIMP ON DETAILS. PAIR IT WITH BROWN LEATHER SANDALS TO COMPLETE THE LOOK. ANN TAYLOR, \$139



NOT SURE WHAT TO LOVE MORE: THE UNEXPECTED MIX OF PRINTS OR THE RELAXED T-SHIRT FIT. EITHER WAY, THIS COTTON SHEATH IS THE DEFINITION OF SIMPLE AND CHIC SUMMER DRESSING. VIRGINIA JOHNSON, \$395



A BOLD BLACK AND WHITE PRINT GIVES THIS MAXI DRESS A MODERN SPIN. AND A FLOOR-SWEEPING SILHOUETTE IS ALWAYS LONG ON VERSATILITY. SIMPLY ADD FLAT SANDALS DURING THE DAY AND WEDGE HEELS WHEN THE SUN GOES DOWN. H&M, \$60



SEE SHOPPING GUIDE FOR BUYING INFORMATION

STYLING, DEE CONNOLLY



SUMMER'S SOCKLESS SOLUTION

The summer's perfect walking shoe at last! The SKECHERS GOwalk 2[™] The Ultimate Super Sock[™] is half shoe, half sock, all comfort. It's an approach to footwear for both women and men a shoe that fits like a sock.



Goga Mat® Technology insole provides high-rebound cushioning in each step.



The SKECHERS GOwalk 2™
The Ultimate Super Sock™
features innovative
technologies and materials:

- · Virtually seamless knit upper
- Breathable and extremely lightweight
- V-Stride Resalyte[™] midsole helps promote proper walking gait
- GOga Mat® insole provides cushioning and stability in each step
- Quick-Fit Portal loop for easy on and off
- Antimicrobial liner prevents odour and slippage









50% SHOE. 50% SOCK. 100% COMFORTABLE.™ THE ULTIMATE SUPER SOCK.

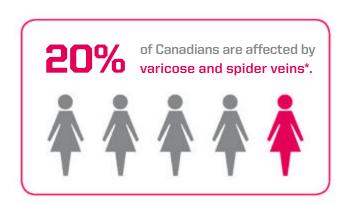
Available in a range of neutrals and bold colours. Find yours at www.ca.skechers.com



GREAT LEGS ARE ALWAYS IN STYLE

Varicose and spider veins

Varicose and spider veins affect approximately 20% of the Canadian adult population, women being three times more likely to get them than men. They usually start to appear anywhere between the ages of 18 and 35 and reach their peak at around 50 or 60. There are several factors that can cause varicose veins, including heredity, obesity, menopause, aging, prolonged sitting or standing, leg injury or chronic venous insufficiency (CVI).



What are varicose veins?

By definition, varicose veins are dilated and bulging veins. Veins can bulge with pools of blood when they fail to properly circulate blood in the body. These visible and bulging veins are called varicose veins and they are often associated with symptoms such as tired, heavy, or aching limbs.

Exercise boosts circulation

So how do we treat varicose and spider veins? One of the most effective ways is by doing some good old fashioned exercise. In fact, certain kinds of low-impact exercise, such as cycling or swimming, have been proven to be quite effective in reducing the appearance of varicose and spider veins. These forms of exercise increase circulation in the legs, ensuring that the blood doesn't get trapped in one area for too long.

How CircuVein helps

Furthermore, you can complement your exercise routine with Flora's natural supplement CircuVein that not only boosts circulation, but also eliminates and prevents varicose and spider veins. CircuVein contains the bioflavonoids hesperidin and diosmin, which have been proven effective in treating varicose and spider veins in as little as two months. These two bioflavonoids are found naturally in certain citrus fruits; however, taking CircuVein ensures that you're getting the right amount of each bioflavonoid. Each CircuVein capsule contains the exact amount used in clinical studies.

Clinically proven and well-studied

The use of these two ingredients to protect the vascular system dates back to 1971. Starting in the warm, sunny climates of Spain and the south of France, diosmin and hesperidin are extracted from citrus fruits, micronized into a smaller, more absorbable size, and then encapsulated with 450 mg of diosmin and 50mg of hesperidin per capsule. These proportions were discovered to be the optimal ratio in the clinical studies.

Repair and strengthen

CircuVein works to repair, strengthen and tone blood vessels, provide antioxidant support against further free radical damage, and reduce inflammation. The swelling, pain, heaviness, leakage, and poor blood flow gradually reduces. Isn't it a relief to know that in just two short months your legs could be free from varicose veins? CircuVein is safe for long term use, sustainable, and vegan so you can confidently take it, knowing it will repair your veins and have your legs looking beautiful in no time.







Enter to Win a Year's Supply of CircuVein!

Visit www.florahealth.com/nomoreveins for more details and to enter today.

^{*} Canadian Society for Vascular Surgery. Varicose Veins. Dr. Jim Dooner FRCS, FACS, MBA. http://canadianvascular.ca/index.php?m=68&page=369

THE ROAD FOR GRIME.

HIS MAGIC ERASER SCRUBS AWAY THE TOUGHEST GRIME WITH EASE.









FOR RIMS + INTERIOR + GLASS

Wet before use. Not recommended for vehicle body, high gloss or upholstered surfaces. Use as directed.





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HEALTH + HAPPINESS

PITCHER OF HEALTH

Studies show that being around flowers can improve mood and lower blood pressure. Pick a posy today – your health will thank you for it.

{health, naturally}

SUPPLEMENTS TO BOOST FERTILITY

by PENNY KENDALL-REED, NATUROPATHIC DOCTOR



diagnosis for many couples and one of the most frustrating and challenging hurdles a relationship can face. But thanks to modern research, we know more about this condition than ever before, which means we also have options to treat it.

First things first, it's important to understand why infertility occurs.

For men, it includes abnormal sperm production or function resulting from environmental or hormonal factors, testicular problems (failure to descend, trauma) and genetic defects. Certain issues can affect the delivery of sperm, including premature ejaculation and blockages or injuries to the epididymis.

For women, causes of infertility include ovulatory disorders from hormonal conditions such as polycystic ovary syndrome, and uterine or cervical abnormalities, Fallopian tube damage or blockages, endometriosis, ovarian insufficiency (early ovarian failure) and medical conditions such as thyroid disorders, celiac disease and diabetes.

Increasing age is a risk factor for both men and women, as is smoking. Being overweight or underweight and too much exercise or alcohol can alter hormone levels and increase inflammation, which can lead to miscarriage. However, the most significant contributing factor in both men and women is stress.

Chronic stress and fatigue raise cortisol, which inflames the lining of the uterus. This impairs implantation, causes spasms in the Fallopian tubes that crush the egg as it travels to the uterus and alters the follicle-stimulating hormone (FSH) and luteinizing hormone (LH) production, which decreases the vitality and number of eggs produced per cycle. High cortisol also increases prolactin in the non-

INFERTILITY
AT A GLANCE:
DEFINED AS
THE INABILITY TO
GET - OR STAY PREGNANT,
DESPITE
FREQUENT
ATTEMPTS OVER
THE COURSE OF
A YEAR.
INFERTILITY
AFFECTS ABOUT

10-15%
OF COUPLES.



pregnant female, signalling to the body that she is already with child, thereby preventing pregnancy. For men, cortisol decreases sperm count and motility and reduces ejaculation strength.

The good news: There are many options for both men and women to support fertility. Remember, before starting any supplementation program, always check with your doctor to ensure that it's right for you.

Amino acids L-lysine and L-arginine help increase sperm count and motility, as well as enhance the strength of ejaculation.

Coenzyme Q10 can improve fertility in both sexes. It helps prevent DNA damage of the egg and sperm and increases both the number and viability of the eggs and sperm.

Vitex agnus-castus is an herb that inhibits FSH and increases LH, stimulating the corpus luteum, which is responsible for the secretion of progesterone, needed to maintain pregnancy. It also moderates the estrogen-to-progesterone ratio, reducing the effect of endometriosis on the uterus.

Wild yam cream (a natural progesterone cream) can be applied topically to soft skin areas on the body, such as the breast, inner arms or tummy, to support progesterone levels.

Red raspberry leaf and nettle strengthen the uterus and reduce inflammation.

Omega-3 fatty acids or fish oils are needed to prevent inflammation in the uterus before and during pregnancy. Without sufficient intake, the uterus can quickly become inflamed. Fish oils have also been shown to reduce preeclampsia and gestational diabetes.

Lactium (like Sereniten Plus) is a milk peptide originally isolated from breast milk. It significantly reduces the production of cortisol and promotes calmness. δM

GET TO THE SOURCE OF YOUR JOINT PAIN.

Naturally!



Joint pain and stiffness shouldn't hold you back from doing the things you love. Jamieson BodyGUARD™ Joint and Bone is a unique formula that can help relieve joint pain in as little as 7 – 10 days using clinically proven natural ingredients!†

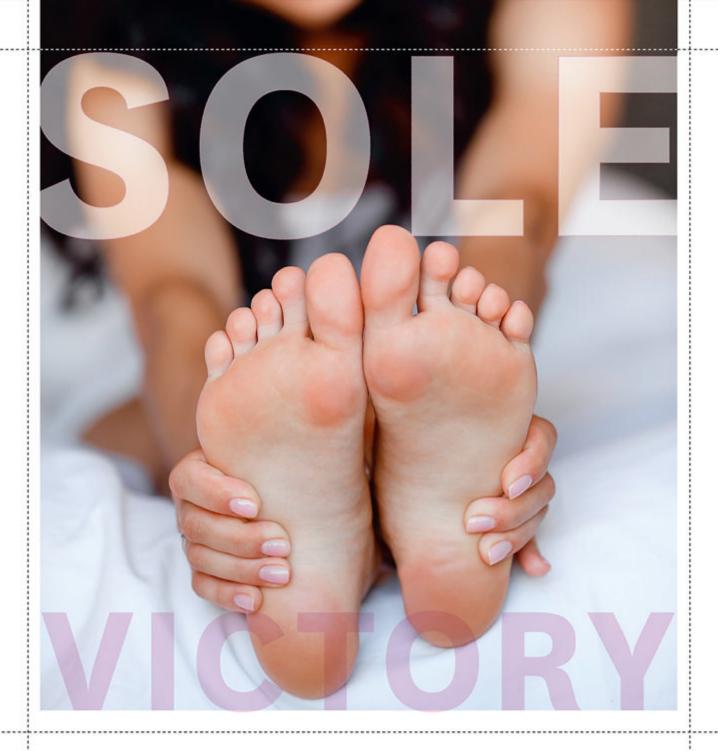
Don't just mask your joint pain, get to the source of the problem naturally. With just one pill a day, Jamieson BodyGUARD™ Joint and Bone will help safeguard your joints from the wear and tear of everyday life, and help you be a better you!



Learn more about our entire BodyGUARD™ family at:

jamiesonvitamins.com

NPN 80041781



Our poor feet. No other body part takes as much abuse. We're either squeezing them into shoes that are too tight, standing for hours in heels or pounding the pavement in a daily attempt to get fit. Well, the time has come to show our tootsies a little TLC. Health writer *Wendy Haaf* explores everyday foot issues and easy fixes so that you can put your best foot forward from here on.

ATHLETE'S FOOT

A contagious infection caused by a fungus, athlete's foot can result in sore, red, itchy or flaking skin or itchy, white or peeling skin between the toes.

TRIGGER Your foot probably came in contact with a surface that was touched by someone with the infection, such as a pool deck, shower stall floor, or even borrowed shoes. Because the fungus thrives in warmth, darkness and moisture, anything that keeps your feet in those conditions increases the chance of the fungus getting a toehold. "It doesn't





Some people can't stomach the sight of dandelions in the lawn.

Interestingly enough, the dandelions we harvest from wild meadows in places like Poland help treat digestive disturbances.

NPN 80001158



cause the fungal infection, but a moist environment between the toes can cause maceration and skin breakdown, which opens up a portal for it," explains John-Paul Gordon, a podiatrist with The Podiatry Associates in St. John's, NL. Similarly, damage (dry, cracked, peeling nails) from wearing polish or gel nails for extended periods can make toenails vulnerable to fungal nail infections.

FIX For prevention, consider wearing water shoes or flip-flops around the pool, says Stephen Hartman, a chiropodist and CEO of the Canadian Federation of Podiatric Medicine and proprietor of Foot Works, a chiropody clinic in Waterloo, ON. But if you already have an infection, the best way to fight it is with creams and lotions (for skin or nails) and liquid solutions (for between the toes) containing antifungal medications. Look for ingredients like clotrimazole, miconazole, terbinafine and undecylenic acid.

It's also important to follow directions carefully and use the product for the recommended time – between two and four weeks, says Phil Hudson, a pharmacist in Waterloo, ON. (You may need to use a treatment for toenail fungus for several weeks to a whole year.) **Try Emtrix, \$35.** Many people make the mistake of quitting as soon as the itching stops, only to have the infection flare up again. "Fungi are very good at lying low," says Hudson. "They have the ability to go into a dormant, low energy phase when conditions become too arduous or hostile. They fire up again when the conditions improve."

If your symptoms return or you notice clues of a fungal nail infection – like thickening or discolouration – see your doctor, podiatrist or chiropodist promptly.

But that's only half the battle: You also have to treat your footwear. Sprays and powders containing tolnaftate are one option. "You can also put your shoes in a plastic bag, seal it and put it in the freezer for 24 to 48 hours," adds Gordon.

For pedicured toes, Gordon recommends removing varnish every three to four weeks, laying off the varnish for a few days and moisturizing the nails. **Try CND Solar Oil, \$14**.

BLISTERS

These tender wounds are pockets of fluid (usually a watery substance called serum) that collect under the skin.

TRIGGER Blisters are usually a result of friction. Ill-fitting footwear, like a slightly too-large shoe that allows the foot to slide around inside, or poorly fitting socks are two likely culprits.

FIX If the blister is intact, don't pop it. Instead, cover it with an adhesive foam or adhesive orthopedic felt doughnut pad to ease pressure on the area or cover it with antibiotic ointment and gauze. If the blister breaks, apply antibacterial cream and a bandage to prevent infection.

CALLUSES & CORNS

These are areas of dead, thickened skin: Calluses are more superficial and may be either painless or painful, while corns are smaller, concentrated lumps that can put pressure on a nerve and cause sharp pain. Corns on the top or bottom of the foot tend to be cone-shaped, and sometimes corns on the sole look much like plantar warts (see page 76). The telltale difference? Fingerprint-like lines in the skin continue unbroken through a corn, though it's difficult to notice this with the naked eye.

TRIGGER Calluses and corns are the body's response to pressure, with calluses being precursors to corns. Both may be the result of concentrated stress on one spot or your bone structure, such as having flat feet. Corns on the top of the foot are often caused by shoes that aren't roomy enough; those on the bottom are more likely caused by how your foot is shaped, the way you walk, your choice of footwear or your job, if you do a lot of standing or walking.

FIX You can gradually reduce the thickness of calluses by rubbing them with a pumice stone, but be careful not to take off too much. "Calluses are the



IF THE SHOE FITS

Ill-fitting shoes are a common source of corns, calluses and ingrown toenails. Here are three tips for getting the right fit.

- 1. HAVE YOUR FOOT SIZE MEASURED EVERY FEW YEARS. "There are small changes in our feet as we age that can make the difference between having to go half a size bigger or a little wider," says John-Paul Gordon, a podiatrist in St. John's, NL.
- **2. SHOP LATE IN THE DAY.** Feet swell over the course of the day, so try on shoes in the late afternoon or evening.
- **3. CHOOSE THE RIGHT SHAPE.** If you have clawed toes, for example, opt for shoes with a deep toe box.

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body's way of protecting sensitive skin, so don't be overaggressive," says Hartman. You can also file while bathing once or twice a week. Most over-thecounter corn remedies contain salicylic acid, which softens the dead skin so it can be sloughed off. Look for products that contain the medication on the corn, so that the surrounding healthy skin doesn't get burned. (People with diabetes should avoid these products.) Alternatively, a podiatrist or chiropodist can simply cut out the core, alleviating the pain immediately. To ease pain temporarily, you can try a product like Dr. Scholl's Round Callus Cushions, \$3.50.

DRY HEELS

You know you have this condition if your feet are cracked and feel hard to the touch.

TRIGGER While this can sometimes signal athlete's foot if the entire bottom of the foot is dry, often it's simply caused by the body's inability to lubricate the skin enough, such as having a lack of natural oils, the inability to sweat properly or the way we walk.

FIX A thick cream containing urea or lanolin can soften the skin and seal in moisture. "The key is consistency," says Gordon, adding that you'll see the best results if you apply moisturizer daily. If the skin is broken and infected, though, cover the spot with antibiotic cream and a bandage and see your doctor, podiatrist or chiropodist.

INGROWN TOE NAILS

Toenails with a sharp, top edge or curved side edges begin to grow into the adjacent skin and cause pain.

TRIGGER Cutting your nails too short can lead to ingrown nails, as can too-snug shoes or socks. When the side edges of the nail are ingrown, it's a chronic, hereditary condition produced by the curvature of the nail.

FIX Sometimes pain at the edge of the toenail is actually due to a buildup of dead skin, says Gordon. Gently rubbing it away with a cotton swab after

WHEN TO CALL THE DOCTOR

Your doctor, podiatrist or chiropodist will have stronger and therefore, faster-acting, versions of what you can find at the drugstore, as well as other treatment options like lasers, surgical interventions and prescriptions.

Over-the-counter remedies are intended for short-term treatment of minor, acute conditions until you can see a chiropodist or podiatrist, says Hartman. "If the problem is recurring, it's a good idea to see a health professional sooner rather than later – you'll spend less money, and waste less time."

soaking the foot can bring relief. Caught early enough, an ingrown nail may only need a soak in Epsom salts and time to grow out, adds Hartman. He recommends that nails be cut straight across, not too short. Try not to cut down the side because it can perpetuate the problem or make it worse.

PLANTAR WARTS

These lesions occur when a virus infiltrates the skin on the sole of the foot, causing skin cells to rapidly regenerate and pile up, forming a hard lump that resembles a corn. The difference between corns and plantar warts is that warts are most painful when squeezed on the sides, while corns are most painful when direct pressure is applied.

TRIGGER You catch warts the same way you would athlete's foot: The fungus thrives in warmth, darkness and moisture.

Although it's generally not necessary to treat warts unless they're spreading or causing pain, you should see a doctor, podiatrist or chiropodist immediately as a preventive measure and for aesthetic reasons. (In the meantime, if you share a bathroom, wear flip-flops in the shower to avoid passing the infection on.) Using salicylic acid to slowly eat away the dead skin or a freezing solution to freeze and kill the virus (avoid both if you have diabetes) can sometimes help "wake up" immune cells and clear the infection – a process that can take a few weeks to years because warts are very resistant, and everyone and every wart is different. **M*



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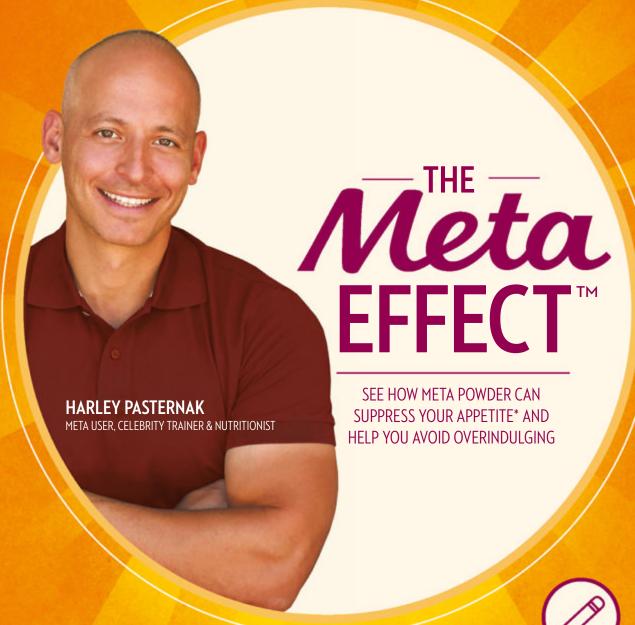
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YOUR PEEPERS CAN PROVIDE

SURPRISING CLUES TO YOUR OVERALL HEALTH

by LISA KADANE



IT'S VISION HEALTH MONTH: FIND OUT HOW TO PREVENT SCREEN STRAIN

IZ RODOVICH WAS AT WORK last December when she noticed a shimmering, crescent-shaped aura on the periphery of her left eye. She assumed it was caused by eye fatigue, from spending too much time on the computer. But when the shimmering episodes became more frequent, and then she awoke one night with a stabbing pain at the junction of her head and neck, the registered nurse wondered if she was getting a migraine preceded by visual aura or, worse, a detached retina.

"I knew that something was wrong," recalls Rodovich, 59. "My vision didn't seem right the next morning."

She sought help at the Ottawa General Hospital

Eye Institute, where she failed a visual field test, a standard eye test that measures central and peripheral vision. A subsequent CT scan revealed that Rodovich had suffered an embolic stroke in her occipital lobe – the brain's visual processing centre. A clot had lodged in one of the arteries that supply blood to the eyes, affecting her vision. Though she has a background as an ER nurse, the news stunned Rodovich.

"The presentation of the stroke was something I never would have guessed," she says. "Generally you think that if you have vision problems, there must be something wrong with your eyes."

Though symptoms such as blurry vision or foreign body sensation can signal a variety of ocular conditions, your peepers also provide a portal into your whole-body health. Everything from allergies to auto-

immune diseases can present with ocular symptoms first. And while red eyes, discharge, itching, light sensitivity or visual changes can be uncomfortable enough to bring patients in to see their optometrists, some symptoms, such as optic nerve or vascular changes, take place inside the eye and can go unnoticed. This is why it's important for adults to have an eye exam every two years.

"There are so many conditions we can find that don't have symptoms, so coming in every couple of years allows us to look for trends or changes," explains Craig Meckelborg, an optometrist with FYidoctors in Calgary. Eye symptoms combined with a patient's medical history will alert doctors to possible systemic diseases. For example, Rodovich was a smoker who had previously experienced a "hypertensive episode" – a spike in blood pressure –

two risk factors for stroke. (She quit smoking after her stroke.)

What's more, women are more susceptible to certain conditions that can present in the eyes, such as multiple sclerosis (MS) and thyroid dysfunction, says Setareh Ziai, an assistant professor of ophthalmology at the University of Ottawa Eye Institute.

Here are five whole-body conditions that can be revealed by looking at this special organ.

STROKE

A stroke is the sudden loss of brain function caused by an interruption of blood flow due to either a clot (ischemic stroke) or the rupture of blood vessels (hemorrhagic stroke). Rodovich experienced an ischemic stroke that temporarily compromised her

> eye function. Another type of stroke with ocular symptoms is a transient ischemic attack (TIA), which is a mini-stroke caused by a blood clot that travels to the eye.

> What the doctor sees: Often an eye doctor won't actually see the clot because vision loss associated with a TIA doesn't last very long – by the time the patient comes in, the clot has cleared and vision has been restored. The doctor can make the diagnosis based on symptoms and medical history.

What the patient experiences: A sudden, painless loss or partial loss of vision in one eye that lasts for minutes or hours.

What happens next: The patient is sent to a stroke clinic for a full workup. "The risk of stroke is so much higher in these patients because essentially they've already had a little stroke. Hopefully we can

prevent something bigger from happening by referring them for appropriate testing and systemic management and lifestyle modifications," says Ziai.



WOMEN

ARE MORE
SUSCEPTIBLE TO
CERTAIN
CONDITIONS THAT
CAN PRESENT IN
THE EYES, SUCH AS
MULTIPLE
SCLEROSIS (MS)
OR THYROID
DYSFUNCTION

HYPERTENSION

Also known as high blood pressure, this condition puts extra strain on the vascular system. If left unchecked, it can lead to heart attack or stroke, among other systemic ailments.

What the doctor sees: Changes within the blood vessels at the back of the eye in the retina, such as leakages or hemorrhages, and alterations in the appearance of the vessels. "With chronic hypertension, often we see a narrowing of the arteries in the back of the eye. We can see tortuosity of the vessels. If the arteries are really thickened, they can push on the veins to the point where they cross and actually

cause indentations in the veins. And the arteries can change colour – they can start looking silvery or coppery rather than the red colour of normal vessels," says Ziai.

What the patient experiences: There are seldom any symptoms. In extreme cases, a patient might experience a sudden loss or blurring of vision caused by a sudden spike in blood pressure.

What happens next: An optometrist can measure a patient's blood pressure during an exam and report back to the family doctor. "We interact with who we need to – a lot of time it's the family physician," says Meckelborg, adding that optometrists sometimes end up being advocates for general health based on their findings.

DIABETES

The most common cause of blindness in North America in patients aged 20 to 65 is diabetic retinopathy, a condition caused by damage to the blood vessels in the retina. Diagnosed diabetics visit an eye doctor yearly to monitor the disease's ocular impact, but sometimes patients come in because of blurry vision or for a routine exam and the eye care professional is the first to suspect diabetes, says Ziai. "In Type 2 diabetes, many adults are unknowingly walking around with higher than normal blood sugar levels. If you don't go to your doctor for annual examinations and have the blood work done, you could have diabetes for years and not know it."

What the doctor sees: Damage to tiny blood vessels in the retina, such as bleeding and exudation, due to chronic high blood sugar levels. New, fragile vessels can form, which can leak a yellowish, fatty substance beneath the retina. Additionally, patients can have swelling or blood in and around the macula, which is the part of the retina associated with central vision.

What the patient experiences: In the early stages, there may be no eye symptoms whatsoever, or the patient might have blurry vision that seems to come and go (the fluctuations are due to blood sugar changes). "Even over the course of a day, their blood sugar levels can fluctuate," says Ziai.

KEEP AN EYE ON IT

WATCH FOR THESE ADDITIONAL SYMPTOMS AND TALK TO YOUR DOCTOR IF YOU HAVE ANY CONCERNS ABOUT YOUR PEEPERS.

- 1. Bulging eyes can be a sign of thyroid eye disease, a condition related to autoimmune thyroid disease that is marked by swelling of the muscles and tissues of the eye and orbit.
- 2. Pupil abnormalities
 where one pupil is
 larger than the other or
 where one pupil reacts
 inappropriately when
 exposed to light could
 signify an underlying
 medical problem.
- 3. Yellow eyes can signal liver disease. Both hepatitis and cirrhosis can turn the whites of the eyes yellow.
- 4. Redness, pain and inflammation of the ocular coats, a condition called scleritis, can be a symptom of a number of autoimmune diseases, including lupus, rheumatoid arthritis and thyroid disease.
- 5. Eye spasms, or annoying eye twitches, are caused by contractions of the eyelid muscles due to irritation of the muscle fibres. The underlying cause is almost always completely benign and can occasionally be precipitated by stress, fatigue or caffeine.

What happens next: The patient is referred back to the family doctor or to an ophthalmologist, either of whom can order blood work to confirm. "My job is to monitor the condition or triage it to the right person, depending on the severity," says Meckelborg.

MULTIPLE SCLEROSIS

MS is a chronic autoimmune disorder affecting vision, sensation, balance, strength, coordination and other bodily functions. "Some patients can present ocular symptoms first before they've had a formal diagnosis of MS," says Ziai. What the doctor sees: A condition called optic neuritis, which is inflammation and swelling of the optic nerve. "If we're seeing an episode of optic neuritis, one of the things we think of is MS, but it's not necessarily a slam-dunk diagnosis. You have to look at the whole body and whether there are other symptoms, such as tingling of the fingers," says Meckelborg.

What the patient experiences: A variety of symptoms that can include one or more of the following: dimming of vision, changes in colour sensitivity, pain with eye movements and alterations in visual field perception.

What happens next: The patient is referred to the family physician or to a neurologist, depending on the symptoms. A detailed patient history and an MRI can help confirm the diagnosis.

HORMONAL CHANGES

"Hormones, among many other factors, play an important role in the health of the tear film and ocular surface," says Ziai

What the doctor sees: Ocular redness, ocular surface inflammation, mucus and dryness on the surface of the eye.

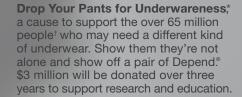
What the patient experiences: Blurry vision, burning and irritation, foreign body sensation and difficulty working on the computer (people blink about 30 percentless when looking at screens). What happens next: An eye doctor can prescribe lubricating drops, ointments or warm compresses, lid hygiene or a range of other products, such as omega-3 supplements, to help ease the discomfort. Br



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TREAT A PROBLEM OF THE PROBLEM OF TH

Take our quiz to find out if selfsabotaging behaviour has turned you into your own worst enemy instead of the best friend you deserve

by STACEY STEIN

ALL BONA FIDE BEST FRIENDS SHARE

certain trademarks. They push you to go for that fantastic new job, encourage you to haul your butt to hot yoga or provide a sympathetic ear when you're feeling down. Chances are, you can mentally check off all of those boxes when it comes to being a fabulous friend to the women in your life. But do you take the same care with yourself? According to experts, many of us don't, because we let unrealistic fears get in the way of being our own BFF.

One of the key impediments to cheering ourselves on or exploring new opportunities is our fear of making mistakes, which we see as being synonymous with failure, says Emily Blake, a Montreal-based psychologist who specializes in treating anxiety disorders and depression. "However, the very notion of trying to prevent mistakes sets us up for failure," says Blake, adding that, instead, women should view imperfection as a necessary part of every process.

This fear of failure, coupled with the age-old worry that we'll be construed as selfish if we put ourselves first, stymies many women on the road to success. But it doesn't end there: Self-sabotaging behaviour can manifest itself in many different ways.

"It could be someone who makes negative predictions for herself and then doesn't try things based on those predictions. It could be someone who creates self-fulfilling prophecies or someone who does a lot of avoidance coping," says Alice Boyes, author of *The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points*. One trait that unites those who self-sabotage is a tendency to create

obstacles and undermine themselves – this is not the hallmark of a healthy friendship with oneself.

Sound familiar? Then it's time for change. The journey begins with self-awareness: You need to understand what traits are stand-

ing between you and, well, you. To help you get started, we've created a quiz. Find out which "flower" you are most like, and then learn how to cultivate change from within. Before you know it, you'll bloom into the friend you deserve: supportive and encouraging.

Let's dig in!

QUIZ

Which phrase best describes your approach to life?

- Be prepared
- Go for it!
- **?** I'd rather stay home
- Fake it and hope no one notices

You're at a party and you spot someone you have long admired from afar. You are most likely to:

- March right up to them and introduce yourself – what have you got to lose?
- 🦺 Stay glued to the one friend you know
- Introduce yourself, engage in some pleasant banter and then blurt out something awkward
- Practise in your head exactly what you're going to say before you approach them, anticipating that there's a good chance they won't be interested in you anyway

The night before an interview for your dream job, you:

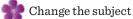
- Think of an excuse to skip the interview chances are, you won't get the job anyway, so why put yourself through that stress?
- Study up on the company, anticipating what questions they might ask, and imagine yourself bombing the interview
- 🧥 Sleep like a baby
- Stay up all night watching TV, which causes you to oversleep the next morning so that you end up arriving late for the interview

Your boss offers you a huge promotion, but with the big title and pay hike come big responsibilities. "If you do well, this could open up even greater opportunities," he tells you. Your response?

- You tell your boss "Thanks, but no thanks" you're happy staying where you are
- You graciously accept the promotion while secretly wondering how long it will be before your colleagues realize you're not cut out for the job and you arrive late to your first meeting on your first day
- "How soon can I get my new business cards?"
- You tell your boss you're flattered, then spend the next several days doing everything humanly possible to prepare for the new job

You have never thought of yourself as funny, but your new love interest seems to think you're a riot. When he tells you this, you:

- Panic it's only a matter of time before he finds out how unfunny you really are and leaves you
- Wonder if you have been wrong all along hey, maybe you are funny after all!
- Joke "It's all downhill from here!" and then go home and watch Comedy Central all night can humour be learned?





Your answers are mostly



You are strong and ready for any eventuality, but sometimes your anxiety about a situation causes you to overprepare.

Do you anticipate every possible doomsday scenario and devise different contingency plans? If this sounds like you, you are most likely what psychologists call a "defensive pessimist." This is very different from someone with a tendency to self-sabotage and can actually help some people succeed. "People who self-sabotage tend to be pessimistic in a way that's not helpful, because it leads them to avoid trying things," says Boyes. Defensive pessimists, on the other hand, will try things, but their nature "prompts them to take the appropriate caution."

Employing defensive pessimism is a way for some people to manage their anxiety and direct it toward effective action. "This involves setting low expectations and mentally rehearsing possible negative outcomes," says Julie Norem, a professor of psychology at Wellesley College in Massachusetts and author of *The Positive Power of Negative Thinking*.

"As they think through what might happen, they provide themselves with a blueprint for how to prevent negative outcomes," she says, adding that using defensive pessimism as a strategy helps people harness anxiety so that it works for them rather than against them.



Your answers are mostly



You're a petunia

Like summer's sunny flower, you assume things will go well for you, and they usually do.

Unlike a person who has a tendency to self-sabotage, an optimist does not assume that a negative outcome is the only possibility. Optimists are characterized by their positive expectations and emotions and are far more likely to be persistent.

Optimists should be cautious, though, that their optimism doesn't lead them to sabotage themselves by being overconfident or complacent. "Ordinary optimists need to be on guard against not considering negative possibilities and then finding themselves unprepared," says Norem. She adds that they also need to be sure they're not maintaining their optimism at the cost of ignoring their real feelings. "Negative feelings feel bad, but that doesn't mean that it is bad to have them," she says.

Your answers are mostly



Like the pretty purple flower, you sometimes shrink away from situations you don't feel confident about.

One of the key ways that people self-sabotage is by avoiding situations altogether. "They expect to be rejected by other people and they tend to think in an allor-nothing way," says Boyes, who has worked with patients with avoidant tendencies. "When they're not sure of what action to take, they take no action at all."

Avoidant tendencies manifest themselves in different ways. For example, an avoidant person may agree to do something they feel they're unable to do, leading them to ultimately make an excuse to get out of it. "The way they cope is to avoid dealing with things in an honest and upfront way, and this ends up creating more stress for themselves," says Boyes.

When it comes to relationships, people with avoidant personalities will usually be unwilling to talk about "emotional" topics or may just steer clear of close relationships altogether.

In a work context, this type of person would most likely abstain from stepping forward for promotions because they lack confidence, even though they might be very qualified.

Your answers are mostly



You are as beautiful as a rose, but you've got a few thorny issues to deal with, and your biggest one is staring at you in the mirror.

At the core of a self-sabotaging personality is a lack of belief in oneself. "There's fear of change, fear of the new, fear that their self-image is incompatible with who they want to become," says Terry Estrin, a Vancouver-based registered psychologist. "Self-sabotage acts as an escape valve. While anxiety and fear build as you get closer to your goal, self-sabotage gets rid of anxiety by blowing off the pressure."

In their careers, self-sabotaging people may underperform if they're in a position that they feel doesn't match their (often false) assessment of their skills. "Anxiety and fear of failure can often lead to a self-fulfilling prophecy of failure," says Jason Plaks, an associate professor of psychology at the University of Toronto. Plaks conducted a study that revealed that people who view their abilities as fixed (in other words, they believe their overall level of performance will remain constant in the long run) are more likely to become anxious when faced with dramatic success. This causes their subsequent performance to plummet. In a relationship, a self-sabotaging person may constantly be testing the other person's love. Ironically, the fear of losing their partner will often lead them to continually place demands on the other person and behave in a way that will ultimately result in their partner pulling away.



How to turn your self-sabotaging behaviour around so you can be a better friend to yourself. Here are a few tips from the experts.

BE AWARE. Blake suggests asking yourself "What is most important to me in this situation?" to help foster self-awareness. "Awareness provides us the freedom to choose how we want to be in each and every moment," says Blake. To further heighten self-awareness, she recommends just breathing and noticing your thoughts and feelings, including any uncomfortable ones that may arise when you think about pursuing what you really need or want.

START A JOURNAL. Terry Estrin, a Vancouver-based psychologist, suggests writing down all your thoughts before going into a challenging situation. "It's a way of downloading all the negative messages and getting them out of your head," he says, adding that journalling is a great way to "look back over the geography of one's life and learn from it." Journalling helps us understand and cope with our emotions, and over time patterns may emerge that give us greater insight into our behaviour. "Journalling can help us become scientists in an observational study of ourselves," explains Estrin.

MEDITATE. Estrin emphasizes the importance of gaining distance from the selflimiting messages in our heads. "Meditation allows us to start seeing our thoughts - most of which are just old 'recordings' - as not very helpful," he says. If you're new to meditation, keep it simple (you can even start with a book like Meditation for Dummies or a free meditation recording from iTunes). "Meditation puts us into the observer role, so we begin to observe patterns of thoughts and habitual actions and begin to react in a more mindful, intentional way," he says.

CONFRONT FEAR. "Each time you do this, it takes you up a notch in terms of what you're able to tolerate," says Estrin. He explains that everyone wants to be comfortable, and we're often limited by the belief that life must be comfortable. As such, fear is not only bad: it's unbearable. "When we take a run at fear, we often find ourselves feeling exhilarated, liberated, alive," says Estrin. "By doing the very thing we fear, we become open to a world of new possibilities."

TREAT YOURSELF WITH COMPASSION. While we often help others instinctively without questioning whether or not they deserve it, we aren't always so generous with ourselves, according to Blake. "Self-compassion is about treating yourself with loving kindness because you need it, removed of the obstacle of deservedness, which may trigger fears of selfishness," she says. "Self-compassion says 'All humans deserve kindness,' and you must include yourself in that circle of compassion."

BALANCE SELF-CARE WITH CHALLENGING YOURSELF. Chances are, you treat your best friends with kindness while rooting for them to do their best. Be the same way with yourself. "Some people stay in their comfort zone but miss out on opportunities, while others push themselves to the point of burnout," says Blake. Try to strike the right balance between being gentle with yourself while taking on challenges that will help you realize your full potential. \hat{M}



Smoothies That Keep Your Waistline In Check

Now is the time that most of us start thinking about our weight loss goals. After all, that's what New Year's resolutions are for. Diet shakes don't have to taste bland and boring. Delicious smoothies made with Almased give your metabolism a natural boost and help you burn fat while retaining muscle mass. Replace one or two meals a day with an Almased shake for weight loss or add it to your regular diet routine for wellness. The recipes on the right will help you shape up by shaking it up! You can find more at www.almased.ca or by giving us a call at 1-877-256-2733 (toll-free).

Try Any Of The Delicious Smoothies Below To Get Your Diet Started

Cinnamon Roll

- 8 Tbsp Almased 360 ml unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



Mocha Magic

- 8 Tbsp Almased 360 ml unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- 60 ml cold coffee
- 1 tsp stevia (optional)



Green Energy

- 8 Tbsp Almased360 ml unsweetenedalmond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



Carrot Cake

- 8 Tbsp Almased 360 ml unsweetened vanilla almond milk
- 60 ml carrot juice
- 1 tsp ground flaxseeds
- Tbsp walnuts
 A pinch of cinnamon



For nutritional information on our shake recipes, go to **figureplan.com/recipes** and enter source code **BHB**.

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Germany's most popular all-natural dietary supplement formula made from non-GMO soy, yogurt and honey in a unique fermentation process.

 No artificial fillers, flavors, added sugars, preservatives or stimulants

- Gluten-free
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The success of the unique Almased formula has been confirmed in over 15 years of clinical research. **Almased is more than a diet, it's a way of life.**

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pounds and
gained back
my healthy
lifestyle in the
process!"
~ Monique A.
Quebec, Canada

Here's How It Works

Simply add Almased shakes to your daily diet.







AlmaSus Effective Weight Control Contrôle efficace du poids Soja Soja Soja Soja Soja

For more details on the four phases of the Almased Diet and delicious recipes, download our free Figure Plan from **figureplan.com**, enter source code: **BHB**.

Start the Almased Diet today! For retailer inquiries, please call **True North Nutrition** directly toll-free at **1-800-261-4223**. For questions on Almased, please call us directly toll-free at **1-877-256-2733** or visit **almased.ca**.



Look for Almased in select health food stores including these fine retailers:















EVERYTHING IN THE FRIDGE,

HIDING YOUR EATING HABITS AND OUT-OF-CONTROL

WEIGHT FLUCTUATIONS

ARE HALLMARKS OF A SERIOUS PROBLEM WITH FOOD,

BUT DOES IT ADD UP TO AN ADDICTION?

MEET THREE PEOPLE WHO HAVE GONE TO WAR WITH THIS

ENEMY - THEIR STORIES MAY CONVINCE YOU IT DOES.

by ROSEMARY COUNTER

IT WAS THE FIRST DATE IN NEARLY A DECADE FOR 30-YEAR-OLD MICHELLE*.

At more than 300 pounds, she was excited that someone found her attractive. But the guy turned out to be a complete jerk, and the night a total disaster. "Halfway through dinner, he started asking about my friend," she recalls. But it was what he said next that is burned into her memory. "He said, 'I saw a picture of you when you were thin and beautiful. What happened?" Michelle snuck out while he was in the bathroom and took a cab home, humiliated and devastated.

Soon afterwards, Michelle joined Overeaters Anonymous to make sense of a lifetime of food habits gone wrong: At the age of eight, she ate stolen food in her cottage bedroom as other children splashed outside; in her 20s, she'd order takeout from two places and pray they didn't arrive at once.

ut it was around age 27, when a private detective tracked down her biological family, also obese, that Michelle learned where her insatiable appetite came from. "I didn't inherit the fat, because when I eat normally I weigh normally, but inherited something else," she says. "The stop mechanism that lives inside of normal people doesn't live inside of me."

If Michelle's thinking sounds familiar, it's because it's a classic description of addiction. If Michelle were guzzling vodka or gambling compulsively, doctors would call it a "disease" and offer specific support. If she were to confess all of the above to her doctor, though, she'd likely be diagnosed with binge eating disorder or compulsive overeating, but not an addiction.

Dr. Vera Tarman, author of *Food Junkies: The Truth About Food Addiction*, says, "Generally, the medical profession disregards this and says it's doesn't even exist." Many doctors consider it a psychological compulsion rather than a physical addiction, she says. But recognizing it for what it is would go a long way to treating it, says Dr. Tarman, who has dealt with addiction from both sides as a recovering food addict herself, and as the medical director of Renascent, an addictions treatment centre in Toronto.

"Binge eating disorder and addiction are fundamentally different, and treatment is fundamentally different," says Dr. Tarman. In this case, labels matter in a big way.

CONFLICTING STUDIES

Studies on food addiction, meanwhile, are as split as they are sensational: "Oreos May Be As Addictive As Cocaine" read a 2013 *Time* headline, after one study found that cookies activated significantly more neurons than cocaine or morphine in the pleasure centre of the brains of rats.

Another study, reported in *The American Journal of Clinical Nutrition*, revealed that human brains behaved similarly when reward centres went into overdrive for high-sugar chocolate milk (compared to less sweet, calorically identical milkshakes).

On the other hand, newer research from an international team of scientists studying the neurobiology of eating behaviour, addiction and stress has not shown strong evidence for a chemical addiction to food. These researchers propose that "food addiction" is a misnomer and "eating addiction" is a better description of a behavioural compulsion to eat.

Still, anecdotal evidence to the contrary is convincing. In food recovery since 2004, Dr. Tarman believes her addiction to sugar and white flour is no different than



ALREADY LARGELY THE DOMAIN OF WOMEN, FOOD IS A VERY

ACCEPTABLE ADDICTION.



IT'S ALSO LEGAL,
AFFORDABLE, AVAILABLE
AND CONVENIENTLY
DELIVERED TO YOUR
DOORSTEP.

"THE STOP MECHANISM
THAT LIVES INSIDE OF
NORMAL PEOPLE DOESN'T
LIVE INSIDE OF ME."

- MICHELLE*

"AT THE END, MY TYPICAL BINGES INCLUDED A 12-SLICE PIZZA,

A BAG OF COOKIES AND EIGHT CHOCOLATE BARS."

- MIKE MACKINNON

others' to crack cocaine. Chemically, the brain is performing the same balancing act: when it comes to dopamine, the feel-good hormone associated with anticipation that surges when you think of love or your favourite song or cheeseburgers, and serotonin, the neurochemical that makes you calm, satisfied and content enough to put down your fork. Excess dopamine or insufficient serotonin causes insatiable cravings – wants are too great and rewards are too few.

And then there's the story of Mike MacKinnon, a 48-year-old, health-conscious, personal trainer from Mississauga, ON. "I'm a recovered alcoholic and addict in general, and I promise you my food addiction was way worse than anything else," he says. "When I ingest wheat, flour or sugar, it creates this phenomenon of craving that I can't stop."

MacKinnon was "clean," as he calls it, for one year and three months when he succumbed to a bite of sourdough bread at The Keg. He finished the bread, ordered another basket and ate that, too, plus three desserts. "Then, at two in the morning, I snuck out of bed and went to 7-Eleven for junk food. At the end, my typical binges included a 12-slice pizza, a bag of cookies and eight chocolate bars." Anyone who doesn't believe in food addiction, he says, "just hasn't been addicted to food or they're in denial about their own food addiction."

DEFINING THE ISSUE

Without a term for diagnosis, experts can only speculate the scope of this problem. We can look to obesity rates (about 6.3 million Canadians, based on 2012 data), but that doesn't provide an accurate picture since not all obese people are food addicts, nor are all addicts obese. (Like MacKinnon, some go through a continuous cycle of gaining and losing weight.) Dr. Tarman estimates that "five percent of the general population are food addicts, and 30 to 40 percent of the obese population are."

As with all eating disorders, women are disproportionately affected. "Men tend to go for alcohol, women for food," says Dr. Tarman. Already largely the domain of women, food is a very acceptable addiction. It's also legal, affordable, available and conveniently delivered to your doorstep.

But we all overeat sometimes – Thanksgiving, anyone? – and most of us eat emotionally, too. Should we be worried we're on the path to addiction?

"For me, food addiction is when you start to display addictive behaviours," says Dr. Tarman. "If you become secretive about food, if you hide food for later, if you eat differently in public than you do in private. It's a problem when it starts to control your life."

NEXT STEPS

For Canadians looking for more information or guidance, Dr. Tarman recommends reading up on the issue, investigating a local chapter of Overeaters Anonymous, or seeking a private counsellor or reputable online community such as GreySheeters (greysheet.org).

"We have more information about this than we ever have," says Martha Peirce, a private counsellor and thera-

GET WITH THE PROGRAM

The first step in Food Addicts in Recovery Anonymous (FA) begins with the admission of being powerless over food, just as alcoholics do with booze in the original 12-step program. Modelled after Alcoholics Anonymous, FA was founded in West Palm Beach, Florida, in 1987 and follows the tenents laid out in the Alcoholics Anonymous book, first published in 1939. FA claims a total membership of about 4,000 worldwide.

What sets FA apart from its sister organization, Overeaters

Anonymous (OA), is a call for complete abstinence from sugar, wheat and all forms of flour, which the program defines as trigger foods for all addicts. OA, on the other hand, works in broader strokes, calling on members to resist their compulsions and personal triggers without restricting specific foods. This appeals to those who don't solely identify as addicts or who are grappling with complex food issues. (OA services bulimia, anorexia and binge eating, in addition to compulsive overeating.)

So, how helpful are these programs? According to Michelle*, a self-described food addict who attended OA meetings for years, the road to recovery requires the support of other addicts. "The only thing that can get a food addict clean is someone like-minded who can say, 'I'm like you; I've been there,' she says.

Ready to attend a meeting? There are Canadian chapters of OA (oa. org) and FAA (foodaddicts.org) across the country, as well as online resources for both programs.

pist in Hagersville, ON, who specializes in food addiction. And Peirce believes healthcare practitioners are slowly coming around, pointing to the 1st Annual Food Addiction Conference, sponsored by the University of Massachusetts Medical School, where substance abuse treatment professionals, mental health counsellors, physicians and psychologists met to learn the latest science on food addiction, discussing proper diagnosis and treatment options for patients.

With new learning and awareness comes solutions and, more importantly, support for toughlife choices such as abstinence, which is key to kicking any addiction.

This is the path that both Dr. Tarman and Mike MacKinnon find themselves on, practising an abstinence model by avoiding all sugar, wheat and trigger foods.

It's Michelle's journey, too. Now down 160 pounds, Michelle is committed to a strict 1,800-calorie-a-day diet. But every day is a struggle. Unlike other addictions, such as alcohol or cigarettes, you can't walk away from food completely. Your body requires it, every few hours of every day. That means you're always dancing with the

WHAT'S A FOOD ADDICTION?

"IF YOU BECOME SECRETIVE
ABOUT FOOD, IF YOU HIDE
FOOD FOR LATER, IF YOU EAT
DIFFERENTLY IN PUBLIC THAN YOU
DO IN PRIVATE. IT'S A PROBLEM
WHEN IT STARTS TO CONTROL
YOUR LIFE."

- DR. VERA TARMAN

devil, always being tempted. If there were more research and recognition of food addiction, there could be more support for those addicts who risk relapse at every breakfast, lunch and dinner. \mathcal{M}

*Name has been changed.





SLOUCHING?

OUR CUSTOM WORKOUT BOOSTS POSTURE

POOR POSTURE CAN AFFECT YOUR HEALTH IN MANY

negative ways. In fact, global studies have linked it to depression, constipation and sluggish circulation in the lower extremities. It can even have an impact on your day-to-day work life: Slouching in an ill-fitting chair can slow down productivity.

WARM UP

Getting your heart rate up and blood flowing before any activity is important to avoid injuries. Prepare your body by alternating these exercises for three to five minutes: jogging on the spot, skipping rope and doing jumping jacks.



OUR EXPERT THIS WORKOUT WAS DESIGNED BY STEPHANIE JOANNE, A PERSONAL TRAINER AND REGULAR BEST HEALTH CONTRIBUTOR.



WATCH A VIDEO OF THIS WORKOUT WITH LAYAR

GET HER LOOK!

FITNESS TRAINER RACHEL DAVIS IS WEARING WORKOUT GEAR FROM THE FILA FUNCTION SPRING 2015 COLLECTION: TOP, PRECISION SCOOP, \$45; BOTTOMS, BOLT CAPRI, \$50; SHOES, WOMEN'S INERTIA, \$99 (SHOWN NEXT PAGE)





A. Lying on your stomach, stretch your arms in front of you while resting on the floor.

B. Raise your right arm off the floor and hold for five deep breaths before alternating on the other side.

ROCKING HIGH PLANK TO DOWNWARD DOG



A. Hold yourself in a high plank for 10 seconds.

B. Rock back to a downward dog for 10 seconds.

C. Repeat rocking back and forth between A and B.

Easier option: Lower yourself to your knees for 10 seconds between each cycle for a mini-rest.



ALTERNATING SINGLE ABDOMINAL PRESS

- **A.** Lying on your back, keep your right foot on the floor as you bring your left knee up. Your knee should be pointed toward the ceiling.
- **B.** Push your right hand against your left knee, creating two-way resistance. Resist the push from your knee so that there is no visible motion.
- **C.** Continue this isometric exercise for five deep breaths before alternating sides.

Easier option: Push and resist only as much force as you are comfortable with.



Looking to add a little more oomph to your routine? Check out some of our fave fitness finds this month.

SKIRTING THE ISSUE FILA VALLA SKORT, \$50

WHY WE LOVE IT

THIS SUPER-CUTE SKORT IS JUST THE RIGHT AMOUNT OF GIRLY-GIRL MEETS FUNCTION.



SPRING AHEAD

TIMEX MOVE X20, \$130

WHY WE LOVE IT

THE SLEEK DESIGN NOT ONLY TRACKS SLEEP, GOALS AND ACTIVITY BUT ALSO DISPLAYS TEXTS.



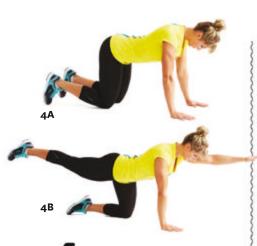
KEEPING COOL

FILA SPOTLIGHT TANK, \$35

WHY WE LOVE IT

IT FEELS LIKE COTTON, BUT IT'S ACTUALLY A TECHNICAL FABRIC THAT HELPS WICK AWAY MOISTURE.





CORE ON ALL FOURS

- A. Begin on all fours with a flat back and hands placed directly underneath your shoulders.
- B. Engage your core and lift your left arm to reach in front of you while simultaneously stretching your right leg out behind you.
- C. Hold for five deep breaths while maintaining your balance as best as you can before alternating on the other side.

Easier option: Lift your arms and legs separately.



- A. Lying on your back, curl your upper body off the floor with your hands reaching toward your feet.
- **B.** With palms facing the floor, begin to make a small pumping motion with your straight arms.
- C. Maintain your breathing as you hold this position.

Easier option: Lower your head to the floor after 30 seconds to give your neck a brief rest before continuing.



LYING LEG **ALPHABET** (2 MINUTES)

A. Lie on your back with your hands underneath your lower back for support.

B. Bring both legs up toward the ceiling and lower them together slowly until you feel your lower stomach engage. Do not lower your feet so low that you feel your upper back lift off the floor.

C. With your feet together, begin to trace an imaginary alphabet with your feet.

Easier option: Return your feet to the ground for one breath between each letter.

COOL DOWN

To bring your heart rate back down, lie on your back and stretch your arms up and over your head while reaching your feet away, as if you were being pulled from both ends. Enjoy this big stretch while breathing out. Do this for a total of four times.



TRACE

VALLA TANK



Fila Fitness Tip: Strengthen your back muscles.



Focusing on your core isn't the only way to make standing up straight second nature. Spending time working the muscles at the back of your shoulders will deliver real benefits when it comes to boosting your posture. Flaunt your sculpted shoulders and toned back in the Valla Tank from Fila. A scooped v-neck creates a flattering fit, while spaghetti straps and a keyhole back offers a unique fashionable piece.

PHOTO **CONTEST**

CELEBRATE

Show us the Canada you know and love in photos and you might become one of our three contest winners!





3rd Place: **\$200**

Breathtaking landscapes, amazing wildlife, wonderful people—from pastoral scenes to big-city sizzle—whatever says "Canada" to you is what we hope to see and share with the Our Canada community.



Entry Deadline: September 6, 2015 Up to three photos per submission per day

To enter, upload your best photographs to ourcanada.ca/celebrate

Or mail your entry to OUR CANADA, CELEBRATE CANADA PHOTO CONTEST (2015), 1125 Stanley, Montreal, QC H3B 5H5. Complete rules available at our canada.ca/celebrate or by writing to the contest administrator at the address above. Customer Service: 1-877-496-8226

best

EATS

MENUS + MOTIVATION

SPEAR YE, SPEAR YE

Add grilled asparagus to your arsenal of cancer-fighting foods. Rich in folate and vitamins C, E and K, these antioxidant-rich spears are a good weapon against colon, lung and bone cancer.

photography by YVONNE DUIVENVOORDEN



WE CAUGHT UP WITH...

David Gunawan, chef and co-owner of Vancouver's famed farm-to-table resto, Farmer's Apprentice

by RENÉE SUEN



Singapore-raised Gunawan fell into the food biz when he moved to Chicago, working at renowned Les Nomades, where the idea of cooking as a profession flourished. Eventually Gunawan made his way through some of the top kitchens in Belgium, Denmark, France and beyond, before settling back in Vancouver to serve as head chef for the opening of the widely praised Wildebeest. His newest venture, Farmer's Apprentice – currently lauded to be one of the country's best new restos – is totally ingredient-driven: the local farmers dictate the daily-changing menu. A philosophy of supporting young agrarians, and nurturing creativity in up-and-coming cooks, is the foundation of Farmer's Apprentice and something that personally resonates with Gunawan. Someday he hopes to take the farm-to-table approach to the extreme and operate a restaurant within a farm.

BEST... FOOD MEMORY

Right now, it's Japan, since I'm here travelling. Ankyu in Kyoto has transformed my life; the heavy tradition coupled with the earnestness of the dishes made this experience invaluable. The intimate six-seat, kappostyle [where the chef prepares the meal in front of the diners] restaurant boasts two Michelin stars. There are three staff members: the chef, his apprentice and his wife who serves and attends to the guests' needs. Their reverence to the craft and food is very admirable.

BEST... NO-FAIL DISH

I find roast chicken is the most comforting thing to eat. First brine the chicken in a simple salt and sugar mixture for a few hours, then put a couple slices of lemon and thyme beneath the skin. Let it dry overnight in the fridge. Before roasting, brush the bird with olive oil, and cook until the liquid from the cavity runs clear.

I'm fond of the aroma of two things fresh out of the oven: roast chicken, and bread.

BEST... KITCHEN TIP

Never use your knife to scrape food from your cutting board because it dulls the blade.

BEST... GO-TO KITCHEN TOOL

The Vitamix is a good tool to have. It can blend soup and make pesto or smoothies.

BEST... WAY TO CELEBRATE A SPECIAL OCCASION LIKE MOTHER'S DAY

Gathering around the table and celebrating the end/start of the week has always been a Sunday ritual for my family. We are losing family time and it's important to re-prioritize our agendas. I've always liked the idea of dim sum for Mother's Day, where there are many small platters of stuff; the more options the better. In





DIVACUP

Switch to the DivaCup! Finally, a period care solution that fits perfectly into your workday, social life and sleep schedule. The DivaCup offers 12 hours of leak-free protection, is comfortable, easy-to-use and saves money. Brilliant! Prize includes one DivaCup (with model of your choice), DivaWash and loofah sponge. Value: \$58. divacup.com



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GET INSPIRED WITH THESE FIVE POWER FOODS

that are particularly important for women. Working these into breakfast, lunch and dinner a little more often will help keep you – and all the women you love – feeling great.

EDAMAME

WHY TO TRY Vegetarians praise edamame as a high-protein snack, but each little pod is also a nutritional superstar for keeping our heart health in check. Research suggests that edamame's soy protein content and its antioxidant isoflavone compounds may reduce total and bad cholesterol levels. Edamame also contains heart-healthy omega-3s and 30 percent of your recommended daily dose of cholesterol-lowering fibre in one cup, helping you reduce the risk of heart attack and stroke.

HOW TO TRY Make a movie snack by swapping chickpeas for edamame in an Asian-style hummus. Purée 1½ cups cooked and shelled edamame with ½ cup each tahini, water and olive oil, the juice of 1 lemon and a few drops of toasted sesame oil. Serve with raw veggies and baked wonton wrappers for dipping.

TURNIP GREENS

WHY TO TRY You may choose a bunch of turnip greens for a low-calorie, fibre-rich side, but young (or expectant) moms will appreciate the serious hit of folate, too. Folate – or folic acid in its supplement form – is a vital nutrient that can help prevent birth defects and anemia. Although potential moms-to-be should get a top-up of folic acid through their prenatal vitamins, a cup of greens delivers almost half of most adult women's dietary folate needs.

How to try Switch up your classic Mother's Day brunch frittata by sautéing 1 bunch of thinly sliced turnip green leaves (stems discarded) with 2 sliced leeks in olive oil until softened and wilted. Mix into a bowl with 8 beaten eggs, 2 tbsp minced sun-dried tomatoes and 2 oz grated Parmesan cheese and transfer to a pie dish. Bake the frittata at 375°F until set, about 10 minutes.

SUSTAINABLE LAKE TROUT

WHY TO TRY We've all been told to eat more fatty fish for their heart-healthy omega-3s, but options like lake trout also provide more than half of your recommended daily intake of vitamin D in just a 3-ounce portion. Research suggests that adequate vitamin D is key for maintaining bone and joint health as women age, which may reduce the risk or severity of osteoporosis, arthritis and fractures.

How to try Make trout en papillote. This healthy cooking method steams the fish in its own juices within a tightly sealed parcel in the oven. Here's how: Cut a piece of parchment into the shape of a large heart, about 14 inches wide; then pile about ½ cup of thinly sliced fennel bulb in the middle and lay a 4- to 5-oz trout fillet on top. Add 3 orange segments, 2 sliced green olives and a pinch of salt and pepper to taste. Working at the top of the heart, tightly fold over ½ inch of the edge, pressing down to make a crisp crease. Continue down the heart to make over-lapping

pleat folds, then twist the tip of the heart to seal it closed. Bake at 400°F for 15 to 20 minutes, cut into the paper to release the steam and enjoy.

PLAIN GREEK YOGURT

WHY TO TRY Female foodies have gone gaga over Greek yogurt for its bone-building calcium, but it may also help prevent iodine-deficiency-related infertility, fetal intellectual disabilities and other birth defects. An essential mineral for healthy thyroid hormone levels and reproduction, there is enough iodine in a single cup of plain Greek yogurt to fulfill half the iodine needs of most healthy women or one-third of those required to help prevent complications during pregnancy.

HOW TO TRY Swap Greek yogurt for mayo in your caesar salad dressing. Just mix \(^1/3\) cup non-fat plain Greek yogurt with the juice of \(^1/2\) lemon, 2 tbsp olive oil, 1 crushed garlic clove, 1 or 2 minced anchovies, 2 tsp Worcestershire sauce and 3 to 4 tbsp Parmesan cheese and toss with chopped romaine and baked croutons.

GREEN TEA

WHY TO TRY You may be in the know on green tea's heart-disease-fighting properties, but those same antioxidants may also protect women against breast cancer. Early studies have suggested that green tea consumption may be associated with a reduced risk of breast cancer, better prognosis for breast cancer patients and lower recurrence and metastasis rates.

HOW TO TRY Whip up a comforting bowl of Ochazuke, a traditional Japanese dish of rice covered in green tea and served in a similar fashion to the way we prepare cereal with milk. Cover ½ cup cooked brown rice and a handful of spinach with 1 cup steeped green tea. Garnish with a pinch of sesame seeds, sliced scallions, crumbled rice crackers and shredded nori. Mr Abbey Sharp is a registered dietitian and owner of Abbey's Kitchen in Toronto.

Lake trout provides more than half of your recommended daily intake of vitamin D in just a 3-ounce portion.







Nutrition Facts Valeur nutritive

Per 1 can (355 mL) pour 1 canette (355 mL)

Amount

Amount % Daily Value Teneur % valeur quotidienne

0%

2%

14%

Calories/Calories 100

Fat/Lipides 0 g Sodium/Sodium 40 mg

Carbohydrate/Glucides 42 g Sugars/Sucres 32 g

Protein/Protéines 5 g

Not a significant source of saturated fat, transfat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.

Source négligeable de lipides saturés, lipides trans, cholesterol, fibres, vitamine A, vitamine C, calcium et fer.

TENEUR FA

OCALO

DDINIT

THE FINE PRINT

THINK OF A NUTRITION LABEL AS A SNAPSHOT OF A FOOD PRODUCT'S NUTRITION

profile. It always lists (when applicable) calories, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrates, fibre, sugars, protein, vitamin A, vitamin C, calcium and iron. You can use this information to find out the nutritional value of foods and compare similar products. Or, use it to monitor special dietary restrictions, like keeping tabs on sugar content for diabetics.

by ALISON KENT

SERVING SIZE

The first place to look is the serving size information. Located directly under the "Nutrition Facts" title at the top of the label, it's a great way to track the

amount of fat, calories and nutrients you're consuming. Compare the specific amount of food displayed on the label to the amount you are actually consuming; these amounts can vary greatly, so multiply accordingly.





SHOPPING FOR BETTER NUTRITION

The Guiding Stars program helps you easily decode the nutritional value in individual foods, so you can make balanced choices as you fill your grocery cart.

Here's how it works: let's say you're shopping for crackers. Those with whole grains, high fibre, low fat or low sodium might have one, two or three Stars to show their nutritional value. That same principle applies to many other fresh and packaged foods – if you see Stars, you're seeing nutritious choices.

You'll find Guiding Stars ratings on shelf labels in front of your favourite food items in select stores, so that you can make informed (and sometimes surprising) decisions when you shop, ensuring a well balanced diet for your family.

CREDITS

- + vitamins
- + minerals
- + fibre
- + omega-3
- + whole grains

DEBITS

- saturated fat
- trans fat
- added sodium
- added sugar

MAKE THE MOST OF YOUR STARS

Guiding Stars credit foods for vitamins, minerals, fibre, omega-3s and whole grains – and debit foods for saturated and trans fat, and added sodium or sugar. The highest number of Stars any food can attain is three, but that doesn't mean a food with one or two or even no Stars is a poor choice – it's all about finding the right balance.





Pasta

PC® Blue Menu™ Fettuccine with Fibre White Pasta delivers iron and fibre, earning its 3-Star rating.





Pasta Sauce

2-Star rated PC® Blue Menu™ Tomato & Basil has 0.05 g of Omega-3 DHA and EPA per 125 ml, no added sugar and 45% less sodium than regular PC® Pasta sauce.





Ground Beef

Choose extra lean ground beef – a source of protein with less than 7.5% fat. That earns this food 1-Star!





THE QUICK RULE FOR UNDERSTANDING DAILY VALUE: 5% OR LESS IS A LITTLE, 15% OR MORE IS A LOT. PLAN ACCORDINGLY.

% DAILY VALUE

This helps you evaluate whether there is a little or a lot of a nutrient in the food you are about to consume. For instance, a 10% daily value (DV) of fibre means one serving of that food provides 10 percent of the fibre a person should consume in one day. The quick rule is 5% DV or less is a little, 15% DV or more is a lot. (So, you would want to look for less than five percent for something like sodium but over 15 percent for a beneficial nutrient like fibre.) Daily values for carbohydrates, total fat, saturated fat and trans fat are based on a 2,000-calorie-per-day-diet. Daily values for the remaining nutrients on the label apply to most people, regardless of their caloric needs.

CALORIES

In Canada, calories and 13 core nutrients are always listed in the same descending order. The number of calories listed lets you know just how much energy you will derive from one serving of this food. Keeping the 2,000-calorie-per-day guideline in mind, factor in how much of this particular food you should reasonably consume.

FAT, INCLUDING SATURATED + TRANS

When it comes to fat in foods, not all fats are created equal. For instance, omega-3 fats (polyunsaturated), like those found in fish, and monounsaturated fats, like those found in avocados, are considered healthy fats with heart-healthy benefits. Strive to consume less saturated and trans fats – the top two fat types that can raise LDL, or "bad" blood cholesterol levels. Current guidelines recommend consuming no more than 10 percent of these bad fats as an upper daily limit, or 20 grams for a 2,000-calorie diet. Keep total fat to less than 65 grams.

CHOLESTEROL

Dietary cholesterol only has an effect on some people, but the best way to control blood cholesterol is to choose foods that are lower in saturated and trans fats. The recommended daily intake (RDI) of dietary cholesterol is no more than 300 milligrams per day, while the claim "cholesterol-free" indicates that food has less than two milligrams of cholesterol in the amount specified and is also low in saturated and trans fats.

SODIUM

Health Canada suggests keeping your daily sodium intake to less than 1,500 milligrams, or just over 1/2 teaspoon, with 2,300 milligrams at maximum. For a food product to be considered "sodium-free," it must contain less than five milligrams of sodium per serving. Look for foods that have less than 360 milligrams of sodium per serving.

CARBOHYDRATES

This number represents the sum of sugar, starch and fibre in a serving size. While sugar and fibre must be listed under carbohydrates, starch is optional for the food manufacturers to list. Sugar and starch provide energy to fuel both brain and muscles, while fibre is considered a non-digestible carbohydrate that is important to your health. Keep daily levels around 300 grams, and read on for more on sugars and fibre.

FIBRE

To meet government regulations, a "source of fibre" nutrition claim means that a specific amount of food contains at least two grams of fibre. A "high source" of fibre is at least four grams, and a "very high" source of fibre contains six grams minimum. Aim for 25 grams of fibre.

SUGARS

The overall grams of sugars listed on a label include both refined sugars, meaning those added in processing, and naturally occurring sugars, such as fructose found in fruit or lactose in milk. When comparing a breakfast cereal with dried fruit to one without, there is a good chance that the one with fruit will be higher in sugars, but that's not necessarily a bad thing. When possible, choose food products with naturally occurring sugars over those with refined sugars.

Currently there is no daily value for sugars, but Health Canada is proposing to establish one at 100 grams.

PROTEIN

A source of amino acids that helps build and maintain your healthy body, protein also keeps you feeling full. On average, adults require 0.8 grams of protein for every kilogram of body weight, meaning a 68-kilogram (150-pound) adult needs about 55 grams of protein a day. Ar

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We asked the experts for the real deal on organic produce:
When is it a must, when is it a maybe and when can we stick to conventional items and shave a few dollars off our grocery bills?

by ALEX MLYNEK

BUYING ORGANIC SEEMS LIKE A NO-BRAINER.

Organic food tends to have a lower impact on the environment, and it's often more humanely produced. And what about the potential health benefits? A meta-analysis published last summer in the *British Journal of Nutrition*, which looked at 343 studies across geographic regions, found that organic crop foods contained, on average, 20 to 25 percent more antioxidants

and had lower levels of cadmium and pesticides. This last point is key if you are pregnant or have children, since kids might be more affected by pesticides due to their lower body weight and because we have yet to learn about pesticide's long-term effects. But – and it's a big but – there's no denying organic can be expensive. To make sense of it all, we've done some research to help you make budget-friendly choices.

GO WITH ORGANIC



There are several reasons to choose organic beef. For one, the type of corn fed to conventionally raised cows is treated with neonicotinoid insecticides, which some say kill bees and set off a cascade of environmental problems. Organic cows are allowed to roam in the pasture, which means they get to eat grass and other plants, which, unlike corn, is what they're biologically designed to munch on, keeping them healthier. This also makes the meat better for us. savs recent research out of the University of Toronto: Scientists found there was a higher ratio of anti-inflammatory omega-3s compared to omega-6s in grass-fed meat and dairy. Finally, organic beef does not contain antibiotics or growth hormones, so there's less exposure to drug-resistant bacteria.



PEACHES

Few fruits say summertime like peaches, but since both the Environmental Working Group (EWG) and the Canadian Food Inspection Agency (CFIA) say they have multiple pesticide residues, it's worth waiting until they're in season. At that point, you won't likely have to pay all that much more for the organic version.



POTATOES

The CFIA reports that potatoes have multiple pesticide residues. (Though, potatoes garner a decent compliance rate when it comes to the maximum residue limit.) "Potatoes have a few persistent pests," says Mary Ruth McDonald, the University of Guelph's research program director of plant production systems, which may explain the need for chemical spraying. For similar reasons to apples (see #7), organic is a good choice.



Conventionally grown bananas are treated with a massive amount of pesticides. So while, thanks to the protective peel, the fruit does not contain many pesticides, traditional growing practices use large amounts of chemicals, putting the local environment and plantation workers at risk.



U.S.-grown blueberries rank number 14 on the EWG's Dirty Dozen list (and imported are number 23), but there's another reason that organic might be a better choice: There are more antioxidants in smaller blueberries. "Organic blueberries tend to be a little bit smaller because they don't get as much nitrogen fertilizer," says McDonald.



EATING AN Apple a daw? Go organic

6

DRIED HERBS + SPICES

If the herbs and spices you use most often are imported into Canada (the label will tell you so), consider buying them organic. Imported dried spices are often irradiated, says Sarah Ramsden, a Vancouver Islandbased certified nutritional practitioner. "This increases the shelf life," she explains, "but it reduces the nutritional content of the food."



annual tests of pesticide residues on apples. In its most recent report, it

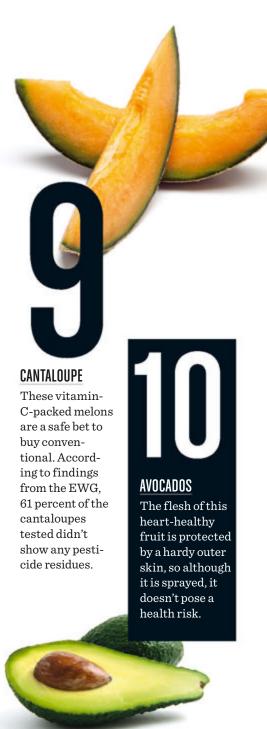
noted that this was a crop with multiple residues but that the fruit was most compliant for staying under the CFIA's maximum residue limit. We say go organic on this one for domestic and imported apples because we don't know the impact of multiple residues. Ralph C. Martin, Loblaw Chair in Sustainable Food Production and a professor in the University of Guelph's plant agriculture department, says it's an area in need of research. "It's not so much one pesticide at a time and arbitrarily set levels that should be the measure as it is the cumulative and interactive effect of eating pesticides over time."



DAIRY

"Organic is a great option for dairy. especially butter," says Ramsden. Organic dairy cows spend part of their spring and summer outdoors, where they graze on grass and other greens. while in the cooler months they are fed organic feed (which means you support the bees thanks to no neonicotinoids). One hundred percent grass-fed butter can be expensive and hard to find, but it's more readily available through the summer and early fall. Stock up at the end of the season and freeze it for use throughout the winter.

STICK WITH





CONVENTIONAL

ASPARAGUS

Little to no pesticides are applied to the parts of asparagus we eat when it's being harvested because it grows so quickly, says McDonald. "In two days, it can go from out of the ground to ready for harvest," she says. So, there's no need to splurge on certified organic stalks.



ASPARAGUS GROWS SO QUICKLY FEW PESTICIDES ARE NEEDED



It's hard to find organic honey in Canada (the Ontario Beekeepers' Association says there are only a few organic beekeepers in this country, likely because it's difficult to meet the requirement that the forage area be a certain distance away from places that might use prohibited chemicals). Luckily, that's not a worry because the CFIA found very few pesticide residues in their latest round of testing of conventional storebought honey. If you want to go organic, a number of beekeepers practise some organic techniques without official certification. One way you're buying is to talk to a honey seller at your local farmer's market. You might be surprised to learn how close their techniques come to the organic



Conventional is a solid choice here since the outer wrapper leaves are stripped from cabbage and head lettuce before they go to market, which means pesticide residues are likely lower.



Corn is number 50 of the 51 fruits and vegetables ranked by the EWG, so it's one of the least likely to contain pesticide residues thanks to its protective husk. While corn is treated with neonicotinoids, it's planted using a different technique that produces less dust, so there's minimal impact on neighbouring bees.



by ALISON KENT photography by YVONNE DUIVENVOORDEN food styling LUCIE RICHARD prop styling SUZANNE CAMPOS props CYNTHIA FINDLAY ANTIQUES

See Shopping Guide for details







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TOAST MOM with a remix of the classic Russian Spring Punch, courtesy of Christopher Sealy, a sommelier at George Restaurant in Toronto



Dillon's Distillery (Niagara) to be complementary to most higher-end spirits and fruits.)

5 oz cassis

5 oz Chambord

1 tsp fresh muddled/purée of raspberry and strawberry

Dash of lemon juice

Dash of simple syrup (or a raw sugar cube soaked in lemon juice)

Stir and pour into a champagne flute. Top with champagne and garnish with fresh fruit.



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AS THE INTERNAL TEMPERATURE OF BEEF will continue to climb when first removed from the oven and tented with foil, for slightly more rare beef, remove from the oven when the internal temperature reaches 140°F (60°C).

HERB-ROASTED BEEF TENDERLOIN WITH BLUE CHEESE HORSERADISH SAUCE

Serves 6 to 8. Total cooking time: 50 minutes

Tender, succulent and ready in under an hour, this main course makes a dazzling and decadent centrepiece.

INGREDIENTS

- 1 clove garlic, minced
- 2 tbsp (25 mL) fresh rosemary, finely chopped
- 1 tbsp (15 mL) vegetable oil
- 1 tsp (5 mL) freshly ground pepper
- 1/2 tsp (2 mL) sea salt, or to taste
- 2 lb (1 kg) beef tenderloin premium oven roast, tied with kitchen twine at 2-inch (5 cm) intervals
- 1 cup (250 mL) dry white wine or no-salt chicken broth

BLUE CHEESE HORSERADISH SAUCE

- 1/4 cup (50 mL) crumbled blue cheese
- 3 tbsp (45 mL) chopped fresh chives
- 3 tbsp (45 mL) light sour cream
- 2 tbsp (25 mL) light mayonnaise
- 1 tbsp (15 mL) prepared horseradish

METHOD

Blue Cheese Horseradish Sauce: In a small bowl, stir together cheese, chives, sour cream, mayonnaise and horseradish. Cover and refrigerate.

Preheat oven to 425°F (220°C). In a small bowl, combine garlic, rosemary, 1 tsp (5 mL) of the oil, the pepper and salt; rub all over beef, pressing to adhere.

In a large cast iron or other large ovenproof skillet, heat remaining 2 tsp (10 mL) oil over medium-high heat; brown beef all over, about 6 minutes. Transfer beef in skillet to oven and roast for about 30 minutes or until meat thermometer inserted in centre of beef reaches 145°F (63°C) for mediumrare. Transfer beef to cutting board; loosely tent with foil and let stand for 10 minutes.

Meanwhile, return skillet with cooking juices to stovetop; add wine and bring to boil over high heat, using wooden spoon to scrape up any brown bits. Boil until reduced by half, about 1 minute. Transfer jus to gravy boat, straining, if desired.

Carve beef into 3/4-inch (4 cm) slices; arrange on platter. Serve with jus and Blue Cheese Horseradish Sauce.

Per each of 8 servings: 207 calories, 25 g protein, 10 g fat (4 g saturated fat), 1 g carbohydrates, 0 g fibre, 61 mg cholesterol, 292 mg sodium

SPRING GARDEN VEGETABLE FARRO SALAD

Serves 6 to 8. Total cooking time: 40 minutes

Nutty, chewy farro is a fabulous base for this colourfully enticing dish. With crisp radish and fennel and tossed with a honey and grainy mustard dressing, it's perfect as a makeahead salad, so feel free to assemble the day before and cover and refrigerate until ready to serve (any extras make a great pack-and-go lunch). For a gluten-free variation, or if farro is unavailable, replace with 4 cups (1 L) cooked and cooled long-grain brown rice.

INGREDIENTS

11/2 cups (375 mL) farro, rinsed and drained

1/4 tsp (1 mL) sea salt (approx)

11/2 cups (375 mL) diced fennel

1 cup (250 mL) halved cherry or grape tomatoes

6 radishes, cut into small wedges

2 green onions, thinly sliced

½ cup (125 mL) pitted Kalamata olives, halved

1/3 cup (75 mL) toasted and chopped walnuts

1/4 cup (50 mL) grated Parmigiano-Reggiano cheese, optional

HONEY MUSTARD VINAIGRETTE

1/4 cup (50 mL) olive oil

3 tbsp (45 mL) white wine vinegar

4 tsp (20 mL) grainy mustard

2 tsp (10 mL) liquid honey

Fresh ground pepper, to taste

METHOD

In a medium saucepan, combine farro with $4\frac{1}{2}$ cups (1.125 L) cold water and $\frac{1}{4}$ tsp (1 mL) salt (or to taste); bring to boil over high heat. Reduce heat, cover and simmer over medium-low heat until farro is tender, 30 to 35 minutes. Drain and rinse with cold water until farro is cool; drain well.

Honey Mustard Vinaigrette: Meanwhile, in a large bowl, whisk olive oil, vinegar, mustard and honey; whisk in additional sea salt and pepper, to taste. Add farro, fennel, tomatoes, radishes, green onions and olives; toss to coat.

Transfer to a serving bowl; sprinkle with walnuts. Sprinkle with cheese, if desired.

Per each of 8 servings: 273 calories, 7 g protein, 12 g fat (1 g saturated fat), 34 g carbohydrates, 7 g fibre, 0 mg cholesterol, 186 mg sodium

ASPARAGUS MIMOSA SALAD

Serves 6. Total cooking time: 30 minutes

With fresh and sunny springtime colours, this early-summer dish adds a retro-cool feel to the buffet table. If watercress is unavailable, replace with peppery baby arugula.

INGREDIENTS

3 eggs

2 bunches asparagus, trimmed (about 11/2 lb/750 g)

3 cups (750 mL) trimmed and loosely packed watercress

SHALLOT TARRAGON VINAIGRETTE

1/4 cup (50 mL) olive oil

2 tbsp (25 mL) white wine vinegar

2 tsp (10 mL) Dijon mustard

Sea salt and freshly ground pepper, to taste

1 small shallot, finely diced

2 tbsp (25 mL) chopped fresh tarragon

METHOD

Place eggs in a small saucepan with enough cold water to cover by 1 inch (2.5 cm); bring to a boil over high heat. Immediately remove from heat; cover and let stand for 16 minutes. Drain and return eggs to pan; cover eggs with cold water and let stand until cool. Drain and peel.

Shallot Tarragon Vinaigrette: Meanwhile, in a bowl, whisk oil, vinegar and mustard. Add salt and pepper, to taste. Stir in shallot and tarragon.

In a large wide saucepan of boiling salted water, cook asparagus until tender-crisp, about 2 minutes. Drain and chill in cold water. Drain well and pat dry.

Cut eggs in half; separate yolks from whites. Using a grater, coarsely grate whites into a small bowl and yolks into another.

When ready to serve, line a serving platter with watercress. Gently coat asparagus with half of the vinaigrette; arrange on watercress. Sprinkle with egg whites, then egg yolks. Drizzle with remaining vinaigrette.

Per serving: 143 calories, 5 g protein, 12 g fat (2 g saturated fat), 5 g carbohydrates, 2 g fibre, 106 mg cholesterol, 53 mg sodium

BEET AND ORANGE SALAD

Serves 6. Total cooking time: 30 minutes

Jewel tones of purple, orange and green blend together to create this sensational and casually elegant salad.

INGREDIENTS

8 medium-sized beets (about 2 lb/1 kg)

2 small navel oranges

3 tbsp (45 mL) lightly packed fresh mint leaves

1/4 cup (50 mL) shelled and unsalted pistachios

POPPY SEED DRESSING

3 tbsp (45 mL) low-fat plain yogurt or buttermilk

2 tbsp (25 mL) olive oil

1 tbsp (15 mL) cider vinegar

1/2 tsp (2 mL) liquid honey

1/2 tsp (2 mL) poppy seeds

Sea salt and fresh ground pepper, to taste

METHOD

Place beets in a large saucepan with enough cold water to cover by 1 inch (2.5 cm). Bring to a boil over high heat; reduce heat to medium-low, partially cover and cook beets until tender, 20 to 30 minutes. Drain and let cool. Peel and trim beets; cut crosswise into ½-inch (5 mm) thick slices.

Cut peel and pith off oranges; thinly slice crosswise into ½-inch (1 cm) rounds, removing any seeds.

Poppy Seed Dressing: It a bowl, whisk yogurt, oil, vinegar, honey and poppy seeds; add salt and pepperto taste. Arrange overlapping sliced beets and oranges on a platter. Drizzle with dressing; sprinkle with mint and pistachios.

Per serving: 171 calories, 4 g protein, 7 g fat (1 g saturated fat), 24 g carbohydrates, 5 g fibre, 1 mg cholesterol, 132 mg sodium



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LEMON POPPY SEED CAKE

Serves 16. Total cooking time: 90 minutes

Light and lemony and with a sweet and simple glaze, this Bundt-style cake is the ideal dessert complement to coffee or tea. If you'd rather forgo the glaze, omit 2 tablespoons of the lemon juice and all but a bit of the icing sugar. When ready to serve, spoon 2 or 3 tablespoons (25 or 45 mL) icing sugar into a small fine-mesh strainer and sift evenly overtop of cake. Three tablespoons (45 mL) of finely grated lemon zest is the equivalent of about 1 large lemon.

INGREDIENTS

1¹/₄ cups (300 mL) each whole-wheat flour and all-purpose flour

1/4 cup (50 mL) poppy seeds

1 tsp (5 mL) baking powder

1 tsp (5 mL) baking soda

1/2 tsp (2 mL) salt

3/4 cup (175 mL) butter, softened

1¼ cups (300 mL) granulated sugar or organic evaporated cane juice

2 eggs

3 tbsp (45 mL) finely grated lemon zest

3 tbsp (45 mL) fresh lemon juice

1 tsp (5 mL) vanilla extract

1¹/₃ cups (325 mL) buttermilk

1 cup (250 mL) icing sugar

METHOD

Preheat oven to 325°F (160°C). Grease a 10-cup (2.5 L) classic or fancy Bundt pan; dust with all-purpose flour and set aside.

In a medium bowl, whisk both flours, poppy seeds, baking powder, baking soda and salt. In a large bowl with electric beaters or in a stand mixer with a paddle attachment, beat butter with sugar until fluffy. Beat in eggs, 1 at a time; beat in lemon zest, 1 tbsp (15 mL) of the lemon juice and the vanilla. Stir flour mixture into butter mixture alternately with buttermilk, adding 2 additions of flour mixture and 1 of buttermilk.

Scrape into the prepared pan; smooth top. Bake in centre of preheated oven until cake tester inserted in centre comes out clean, 50 to 60 minutes. Let cool in pan on rack for 15 minutes. Remove from pan and let cool completely.

Place cake on serving platter. In a medium bowl, whisk icing sugar with remaining 2 tbsp (25 mL) lemon juice; drizzle evenly over cake. Let stand at least 10 minutes before cutting.

Per each of 16 servings: 259 calories, 4 g protein, 11 g fat (6 g saturated fat), 38 g carbohydrates, 2 g fibre, 50 mg cholesterol, 212 mg sodium



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SWEET POTATO PANCAKES WITH RHUBARB MAPLE SYRUP

Serves 6 (12 pancakes). Total cooking time: 30 minutes

Fluffy and not too sweet, these pancakes are made with quinoa flour for a great gluten-free brunch option (make sure gluten-free baking powder is also used). If unavailable, white rice flour can be used in place of quinoa flour. Rhubarb should be out in full force, but frozen chopped rhubarb can also be used, if desired. Along with Rhubarb Maple Syrup, these pancakes also pair well with a dollop of plain Greek yogurt on top.

INGREDIENTS

2 cups (500 mL) quinoa flour

½ cup (125 mL) cornstarch

1 tbsp (15 mL) baking powder

Sea salt, to taste

1 egg

1 cup (250 mL) cooked and mashed sweet potato (from about 1 sweet potato, peeled, chopped, cooked and mashed)

3/4 cup (175 mL) unsweetened applesauce

2 tbsp (25 mL) melted coconut oil or butter

11/2 cups (375 mL) non-fat milk

RHUBARB MAPLE SYRUP

4 cups (1 L) chopped fresh or frozen rhubarb stalks

½ cup (125 mL) pure maple syrup

1/4 tsp (1 mL) ground ginger

METHOD

Rhubarb Maple Syrup: In a small saucepan, bring rhubarb, maple syrup, ginger and $\frac{1}{3}$ cup (75 mL) water to a boil over medium-high heat; reduce heat to medium-low and simmer, stirring occasionally, until fruit is very soft and sauce is slightly thickened, 10 to 15 minutes. Cover and set aside.

Meanwhile, in a bowl, whisk flour, cornstarch, baking powder and salt. In a large bowl, whisk egg, sweet potato, applesauce and coconut oil; whisk in milk. Add flour mixture, stirring just until combined.

Heat a large non-stick skillet over medium heat; mist with cooking spray. Working in batches, spoon scant ½ cup (125 mL) batter per pancake into skillet, spreading to about ½-inch (1 cm) thickness. Cook, turning once, until golden brown and set in centre, about 6 minutes.

Repeat with remaining batter, wiping pan and misting with additional cooking spray with each batch. Serve with Rhubarb Maple Syrup (reheated, if necessary).

Per serving (2 pancakes and 2 tbsp/25 mL syrup mixture): 390 calories, 10 g protein, 8 g fat (4 g saturated fat), 70 g carbohydrates, 6 g fibre, 36 mg cholesterol, 327 mg sodium \hat{M}

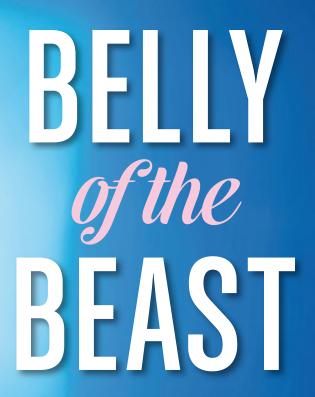
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How to tame the bloat, once and for all

by LISA KADANE



YOU KNOW THE FEELING.

Your tummy grumbles and then seems to grow by several sizes as gas fills up your gut. It's uncomfortable and embarrassing, and that sensation of abdominal discomfort and distension can last for hours until the air finds a way out (or forces you to unbutton your pants).

If misery loves company, you're in luck: Up to 30 percent of Canadians experience persistent bloating, says Dr. Maitreyi Raman, a gastroenterologist and clinical associate professor at the University of Calgary.

For women, feeling bloated and gassy in the days leading up to their menstrual periods is common and driven by fluctuating hormone levels. At other times of the month, passing gas up to 15 times a day is considered normal, says Dr. Raman, who is also co-author of *The Complete IBS Health and Diet Guide*.

Don't panic if you're feeling abdominal discomfort more frequently. For many sufferers, bloating is simply a consequence of consumption, like eating broccoli or beans.

"Food is one of the most common reasons we experience bloating," confirms Stephanie Clairmont, a registered dietitian in Waterdown, ON, and owner of Clairmont Digestive Clinic, which offers services via phone, Skype and online classes through her website, stephanieclairmont.com.

In addition to the usual suspects of sulphurous veggies (like broccoli, cauliflower and brussels sprouts) or legumes (think kidney

beans, lentils and chickpeas), which are galacto-oligosaccharides, research is now focusing on a group of foods called FOD-MAPs. This acronym stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols, and includes everyday foods such as apples, pears, milk, onions, garlic and wheat.

"They are short-chained sugars that are easily fermented in the gut," says Clairmont, adding that fermentation can lead to gas and bloating. In all people, some FODMAP foods are poorly broken down and not completely absorbed in the small intestine, but certain people are more sensitive and experience more symptoms. They move into the large intestine, where bacteria treat the molecules as food and break them down, producing gas. "I think we're going to be hearing more and more about them. Following a low-FODMAP diet significantly helps a majority of my clients – over 80 percent."

Additionally, there are other dietary and lifestyle factors that may contribute to belly bloat. Follow our 10 golden rules to say goodbye to excess gas for good.



ENSURE REGULARITY. Eat a breakfast of soluble fibre (good options include oatmeal, flax and chia seeds), and drink at least six glasses of water each day.

EXERCISE. Thirty minutes of moderate activity each day will help food move through the digestive tract, which can help with constipation – a possible cause of bloating.

EAT SLOWLY. Sit down to enjoy meals and chew food slowly to avoid swallowing air. Thoroughly chewed food is also easier to digest. Eat until you feel 70 percent full.

MANAGE STRESS. "The mind-gut connection is very real, and stress and worry can affect our digestive systems," says Clairmont.

EXPECT SOME BLOATING. "If you're predisposed to bloating, it's unrealistic to think that it will completely go away, even if you follow all of these suggestions," says Dr. Raman.

DON'T

CHEW GUM OR DRINK CARBONATED BEVERAGES. If you suffer from bloating regularly, these will cause you to swallow air that moves through the entire digestive tract.

OVERINDULGE IN CAFFEINE OR ALCOHOL.

Both can compromise (relax) the muscle between the esophagus and the stomach, which can let in air. Alcohol can cause spasms in the small intestine that can lead to bloating.

EAT DAIRY PRODUCTS CONTAINING

LACTOSE. Lactose is the naturally occurring sugar found in milk, yogurt and ice cream. As many as one in three Canadians is lactose intolerant, meaning they lack sufficient enzymes to digest this sugar. It ends up in the large intestine, where it causes gas and bloating. If symptoms clear up in 24 to 48 hours after eliminating lactose, that's likely the cause (a simple blood test can confirm this).

CONSUME TOO MANY RAW VEGETABLES.

Avoid notorious gas producers such as broccoli and cabbage. Dr. Raman recommends peeling off the skins (whenever possible) and steaming vegetables to make the fibre more tolerable.

SNACK ALL DAY. "You need to give your body a break to digest food," says Clairmont. She recommends waiting at least two hours between snacks and meals. A

WHEN TO SEE A DOCTOR

Gastroenterologist Dr. Maitreyi Raman, a clinical associate professor at the University of Calgary, says to see a doctor if your bloating is accompanied by pain, constipation or "alarm" symptoms such as bleeding from the bowel, unexpected weight loss, fever, chills or night sweats. Additionally, a doctor can help diagnose chronic benign conditions like lactose intolerance and irritable bowel syndrome (IBS), as well as more serious diseases like celiac and inflammatory bowel disease (such as Crohn's disease or ulcerative colitis).

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fiddle-dee-dee

Edible fern tips are a spring delicacy



IF YOU'VE YET TO TRY

fiddleheads, imagine a flavour that is a cross between asparagus and broccoli. Like other greens, these fern tips provide a treasure trove of nutrients, including fibre, niacin and vitamins A and C. They are also a good source of omega-3 fatty acids and possess significant antioxidant power, helping to stamp out disease-causing (and wrinkle-causing) free radicals. The best flavour comes from fiddleheads that are jade green and tightly coiled. To store, place them in a bowl of water with a squeeze of lemon juice and refrigerate. If you change the water every few days, they'll last for several weeks. Before cooking, rinse fiddleheads, remove any paper-like chaff and trim browned ends. Swap them for asparagus in pasta dishes, soups and salads, or serve them solo, steamed or



blanched until tender. M



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Elizabeth Arden: Hudson's Bay, thebay.com; Shopper's Drug Mart Elizabeth Grant: elizabeth grant.ca.

1-877-751-1999

Jouviance: Shoppers Drug Mart Rodial: Murale, murale.ca; select Shoppers Drug Marts

Skin Republic: Sephora, sephora.ca Strivectin: Shoppers Drug Mart; Murale, murale.ca; London Drugs; Rexall; Hudson's Bay, thebay.com

ULTIMATE NAIL GUIDE

Formula X: Sephora, sephora.ca Lise Watier: Shoppers Drug Mart Deborah Lippman: Holt Renfrew, holtrenfrew.com

Chanel: chanel.com and Chanel beauty

MissLyn: Shoppers Drug Mart Flower Beauty: Walmart Rococo Nail Apparel: Murale,

murale.ca

Micro-Nail: Shoppers Drug Mart;

micronail.ca

Kiss: Walmart, London Drugs, Proxim,

Pharmasave, Lawtons

MOTHER'S DAY GIFT GUIDE

COTTAGE

Bobbi Brown: Holt Renfrew, holtrenfrew.com

Dr. Roebuck's: drroebucks.com Free People: sportinglife.ca French Connection: canada.

french connection.comIndigo: indigo.ca L'Occitane: loccitane.com

Marshall's: marshallscanada.ca

Old Navy: oldnavy.ca

Virginia Johnson: virginiajohnson.ca

HOMEBODY

Ann Taylor: anntaylor.com The Body Shop: the body shop.ca Jo Malone: Holt Renfrew,

holtrenfrew.com

Kate Spade: Iris Optical, iris.ca; Hudson's Bay, thebay.com

Lush: lush.ca

Fujifilm: Best Buy, bestbuy.ca

Roots: roots.ca Timex: timex.ca TOMS: toms.ca

SPORTY

Adidas: Sport Chek, sportchek.ca Dior: Hudson's Bay, thebay.com

Indigo: indigo.ca Lolë: lolewomen.com Marc Jacobs: Hudson's Bay,

thebay.com

Plantronics: Best Buy, bestbuy.ca New Balance: newbalance.ca Nike: sportinglife.ca

TOMS: toms.ca Winners: winners.ca

URBAN

Banana Republic: banana republic.ca Chanel: chanel.com and Chanel beauty

counters

Diptyque: Holt Renfrew,

holtrenfrew.com

Express: express.com

Forever 21: forever 21.com

Fossil:fossil.ca Fresh: fresh.com

Judith & Charles:

iudithandcharles.com

Michael Kors: michaelkors.com

Schwarzkopf Professional:

schwarzkopf-professional.ca Sisley: holtrenfrew.com

Winners: winners.ca

10-MINUTE TUNEUPS

Fila: filacanada.com Timex: watchit.ca

BEST BETS

PG. 64

Ann Taylor: anntaylor.com

H&M: hm.com/ca Virginia Johnson:

virginiajohnson.com

COME FOR BRUNCH

Cynthia Findlay Antiques cynthiafindlay.com

PG. 113 Small oval platter

PG. 114 Clockwise: bottom platter (asparagus mimosa salad), oval platter (beet and orange salad), bowl (farro salad), platter and cutlery

(sweet potato pancakes) PG. 115 Crystal Glass

PG. 116 Serving fork

PG. 118, 119 White plates and cutlery

00PS!

On page 30 of the March/April issue, the product information was missing from "Peau, Canada:" Lise Watier Age Control Supreme La Crème Sublime, \$105



THIS ISSUE'S QUESTION:

WHAT'S YOUR FAVOURITE SPRING RITUAL?

My favourite spring ritual is getting my bike out, filling up the tires and going for a ride!
ELLEN PERRICH, CRANBROOKE, BC

In the spring I do a top-to-bottom clean with my homemade cleaners. Then, I finally throw all the windows open to air the whole place out!

MARY SAWICKI, COURTICE, ON

I love being able to go outside on my walks and breathe in the wonderful spring air.

CAROLYN WHITTALL, OAKVILLE, ON

On the first really spring-like day, I go to the garden to clear debris and then turn over the soil around my lilacs (my favorite). Then it's lots of fresh water for the roots and me! SUSAN STIRLING, ON

I love to do a total body cleanse in the spring. I feel revitalized and ready to face the world afterwards.

LAURETTA MIRHOSSEINI, SUMMERLAND, BC



SCAN THIS PAGE FOR ANOTHER WAY TO ENTER THIS CONTEST WITH LAYAR

ANSWER AND YOU COULD WIN!

Answer our next question for a chance to win one of three (3) Jergens prize packs valued at \$50. Get a summer glow without the sun! Jergens® Natural Glow® products are a safe and smart way to get gorgeous, natural-looking colour, just by moisturizing. Achieve natural-looking colour that's streak-free, hassle-free and has no sunless tanner odour. To learn more visit Jergens.ca. For full rules and to enter, go to besthealthmag.ca/ bestforlast or facebook.com/besthealth



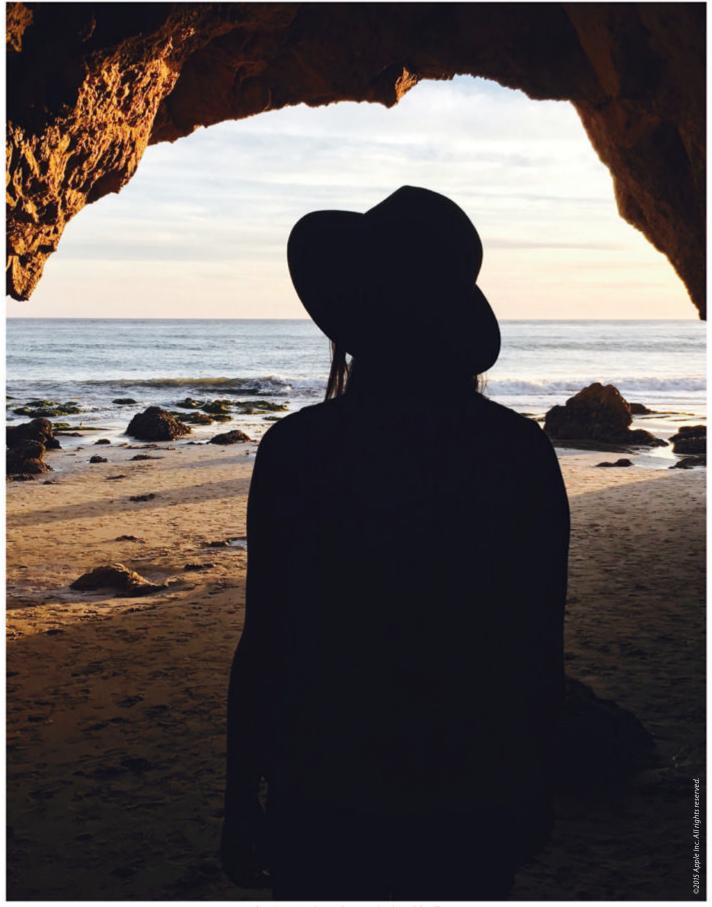
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AS SHOWN. CONTEST CLOSES
JUNE 4TH, 2015. FOR MORE
INFORMATION ON OUR
SUBMISSIONS POLICY,
PLEASE VISIT
BESTHEALTHMAG.CA/
BESTFORLAST OR
FACEBOOK.COM/BESTHEALTH



The all-new FIAT® 500X has arrived and it's fantastico. It arrives packed with four doors, seating for five, all-wheel drive, 9-speed automatic transmission and over 65 standard and available safety and security features. Plus, all the incomparable Italian touches that make FIAT so fun in the first place. If you're looking for an all-new crossover with style, function and performance, look no further than the latest Italian arrival.







by Kevin L. | apple.com/ca/worldgallery



Shot on iPhone 6

